



**VIRGINIA GATORS LAST CHANCE
INVITATIONAL
A/BB/B/C
March 21-22, 2020
SANCTION NO. VS-20-92 AND 92TT**



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-92 and 92TT. 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.
LOCATION:	Savage Natatorium, James Madison University, Harrisonburg, Virginia
FACILITY:	<ul style="list-style-type: none">• 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.• Spectator seating for 800. Gymnasium will also be available for additional seating.• 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:	Name: Lanette Smith / Sharon Armentrout E-Mail: lanettefsmith@gmail.com / Armentrout.Sharon@va.sysco.com Phone: (540) 271-1389
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all USA Swimming athletes registered before the first day of the meet.• No on deck USA Swimming athlete registration will be permitted.• Age on March 21, 2020 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">• All 12 & Younger swimmers will swim in the morning (Session 1 Saturday and Session 3 Sunday). These sessions will offer events for 8 & Under, 10 & Under, 9-10 and 11-12 age groups.• All 13 & Older swimmers will swim in the afternoon Session 2 Saturday and Session 4 Sunday.• All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none">• Morning sessions: Warm-ups at 9:00 am; competition starts at 10:00 am. Afternoon sessions: Warm-ups no earlier than 1:00 pm; competition starts no earlier than 2:00 pm.• 13&O Session: There will be 10 minute breaks built into the 13&O sessions both Saturday and Sunday for warm up and cool down.• Lane assignment and warm-up times for individual clubs will be posted on the Gators website no later than Tuesday, March 17, 2020 and will also be emailed to the contact person of the participating clubs.
ENTRIES:	DEADLINE FOR THE RECEIPT OF ENTRIES IS, Wednesday, March 11, 2020 <ul style="list-style-type: none">• Entries must be submitted in short course yard 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, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.

	<ul style="list-style-type: none"> • 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. • Swimmers may enter a maximum of 5 individual events and 1 relay event per day. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. Relays may also be eliminated and relay fees refunded if this is necessary. • Email entries to: Martin Javelosa, Email: mjcjavelosa@gmail.com • 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: \$4.75 Relay events: \$17.00 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: Virginia Gators, Harrisonburg • Mail payment to: Virginia Gators P.O. Box 984 Harrisonburg, VA 22803 • Payment must be received by Friday, March 20, 2020 for all entries. • Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through eighth place for all age groups. <ul style="list-style-type: none"> ○ 12 & Under individual events will be awarded for each age group: 8 & Under, 9-10, and 11-12 ○ 13 & Over individual events will be awarded for each age group: 13-14 and 15-18 • Relay events: Awards will be given for first through fourth place.
TIME TRIALS:	<ul style="list-style-type: none"> • If there is interest, at the conclusion of Saturday and Sunday afternoon sessions, time permitting, time trials will be offered to any swimmer entered in an individual event in the meet. • Times Trials will begin no earlier than 15 minutes after the conclusion of the session it is following. • Cost: \$10.00 per individual event. Events may include any individual event from either day and may also include 1000 and 1650 free time permitting. • The Time Trial Referee will order the selected scheduled events based on distance or combine events into a single heat. • A swimmer requesting a time trial must inform the Meet Referee, or her designee, not later than the conclusion of the afternoon session of the day the time trial is desired. Each swimmer participating in these events should provide a timer and/or a counter. • Time Trials are included in the five individual events per day limit.
SEEDING:	<ul style="list-style-type: none"> • Swimmers in all sessions should report directly to the blocks for their events • All events will be pre-seeded.
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. ● 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. ● 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. ● 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. ● 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>. ● 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. ● In accordance with VSI Best Practices, swimmers should shower before entering the pool. ● 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. ● 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.
OFFICIALS:	<p>Meet Referee: Beth Arnold Email: arnoldeaa@gmail.com Phone: 540-383-9080</p> <ul style="list-style-type: none"> ● Officials will be needed for all positions and all sessions for this meet. ● 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 arnoldeaa@gmail.com no later than Wednesday, March 18, 2020. ● Officials will meet on the pool deck one hour before the start of any session.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> ● Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. ● The number of timers required per club and their lane assignments will be posted on the Gator website no later than Tuesday, March 17, 2020 and will also be emailed to the contact person of each of the individual clubs. ● Swimmers competing in 400 IM (59-60, 71-72) are responsible for providing their own timers.
	<ul style="list-style-type: none"> ● Swimmers competing in 500 Free (23-24, 35-36) are responsible for providing their own lap counters and timers.

GENERAL:	<ul style="list-style-type: none"> • Heat Sheets will be sold for \$8. • Swimmers are not permitted in any room of the building not directly associated with this swim meet. • Aramark of JMU will provide concessions. • Pro-shop may be available. • Hospitality: Virginia Gators will provide Hospitality for coaches and officials. Breakfast and lunch will be served. Drinks and snacks will be provided during the day. • All results will be posted in the hallway near the spectator stand.
FACILITY RULES:	<ul style="list-style-type: none"> • The viewing area above the pool will be available both days. Please obey signage. Do not go into other areas of Godwin Hall. • Access to the pool will be limited to swimmers, coaches, officials, staff and timers. • No smoking is permitted in the building. • No food or drink on the pool deck. Concessions available in hallway. • Please be courteous in sharing the locker rooms and bathrooms by keeping them neat.
DIRECTIONS:	<ul style="list-style-type: none"> • The Godwin pool facility is located on the campus of James Madison University. • 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. • Parking is available in Lots G, P and Champions Drive Parking Deck. See parking map: http://www.jmu.edu/parking/_files/parkingmap.pdf
HOTELS:	<ul style="list-style-type: none"> • Courtyard Marriot: 1890 Evelyn Byrd Avenue, Harrisonburg, VA, (540) 432-3031 about 5 minutes from the pool. • Hotel Madison at James Madison University: 710 South Main St, Harrisonburg, VA, 22801. (540) 564-0200, about 5 minutes from the pool. • Hampton Inn: 85 University Boulevard, Harrisonburg, VA, (540) 432-1111. Continental breakfast, about 5 minutes from the pool. • Residence Inn - Marriott 1945 Deyerle Ave. Harrisonburg, VA (540) 437-7426 5 minutes from pool • Quality Inn - 1881 Evelyn Byrd Ave. Harrisonburg, VA (540) 645-6469 -5 minutes from pool

Virginia Gators Order of Events
March 21-22, 2020

Session 1-Saturday AM, January 12

Warm-ups 9:00 AM, Meet Start 10:00 AM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	12 & U 100 free	2
3	8 & U 25 fly	4
5	12 & U 200 back	6
7	12 & U 100 IM	8
9	12 & U 50 breast	10
11	12 & U 100 fly	12
13	12 & U 200 breast	14
15	8 & U 25 free	16
17	12 & U 50 back	18
19	8 & U 100 medley relay	20
21	12 & U 200 medley relay	22
10 minute break		
23	12 & U 500 free	24

Session 2-Saturday PM, January 12

Warm-ups Not before 1:00 PM
 Session Start Not before 2:00 PM
 (times approximate)

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
25	13 & O 100 Free	26
10 minute break		
27	13 & O 200 Fly	28
10 minute break		
29	13 & O 100 Breast	30
10 minute break		
31	13 & O 200 Back	32
10 minute break		
33	13 & O 200 IM	34
10 minute break		
35	13 & O 500 free	36

Session 3-Sunday AM, January 13

Warm-ups 9:00 AM, Meet Start 10:00 AM

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
37	12&U 200 free	38
39	8 & U 25 breast	40
41	12 & U 200 fly	42
43	12 & U 100 back	44
45	8 & U 25 back	46
47	12 & U 50 fly	48
49	12 & U 100 breast	50
51	12 & U 200 IM	52
53	12 & U 50 free	54
55	8 & U 100 free relay	56
57	12 & U 200 free relay	58
10 minute break		
59	12 & U 400 IM	60

Session 4-Sunday PM, January 13

Warm-ups Not before 1:00 PM
 Session Start Not before 2:00 PM
 (times approximate)

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
61	13 & O 200 free	62
10 minute break		
63	13 & O 100 back	64
10 minute break		
65	13 & O 200 breast	66
10 minute break		
67	13 & O 100 fly	68
10 minute break		
69	13 & O 50 free	70
10 minute break		
71	13 & O 400 IM	72