



**VIRGINIA GATORS JANUARY
Intra-Squad Meet
January 18-19, 2020
SANCTION NO. VS-20-61R**



SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-61R 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: Sharon Armentrout E-Mail: Armentrout.Sharon@va.sysco.com Phone: (540) 271-1389
ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all Virginia Gator athletes registered with USA Swimming before the first day of the meet. • No on deck USA Swimming athlete registration will be permitted. • Age on January 18, 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"> • There will be one afternoon session for all ages each day. • All events will be timed finals.
WARM-UP:	<ul style="list-style-type: none"> • Warm-ups Saturday and Sunday to start at 2:00 PM; competition starts 2:40 pm.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS, Wednesday, January 8, 2020</p> <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. • 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.

	<ul style="list-style-type: none"> • 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 be eliminated and relay fees refunded if this is necessary. • Email entries to: Shawn Lough, Email: sandjlough@yahoo.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, January 18, 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"> ○ 10 & Under individual events will be awarded for each age group: 8 & Under and 9-10 ○ 11 & Over individual events will be awarded for each age group: 11-12, 13-14, 15-18 ○ 12 & Under individual events will be awarded for each age group: 8 & Under, 9-10, 11-12 ○ Open events will be awarded for each age group: 8 & Under, 9-10, 11-12, 13-14, 15-18 ○ Heat winner ribbons will be awarded for all 10 & Under individual events. • Relay events: Awards will be given for first through fourth place.
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. <p>Any event in which an athlete participated illegally will be rescored and re-awarded.</p>
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.

	<ul style="list-style-type: none"> • 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 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, January 15, 2020.
	<ul style="list-style-type: none"> • 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, January 14, 2020 and will also be emailed to the contact person of each of the individual clubs. • Swimmers competing in 400 IM (81-82) are responsible for providing their own timers. • Swimmers competing in 500 Free (21-22, 41-42), and 1650 Free (43-44) are responsible for providing their own lap counters and timers.
GENERAL:	<ul style="list-style-type: none"> • Heat Sheets will be emailed in advance of the meet. Please print and bring a copy with you. • Swimmers are not permitted in any room of the building not directly associated with this swim meet. • Aramark of JMU will provide concessions. • Hospitality: Water will be provided on deck. • 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. Please clean up after yourself on deck and in the viewing area to keep cleaning costs to a minimum.
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
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Virginia Gators Order of Events
Jan 18-19, 2020

Session 1-Saturday, January 18

Warm-ups 2:00 PM, Meet Start 2:40PM

Girls	Event	Boys
1	10 & U 200 free	2
3	8 & U 25 fly	4
23	11 & O 100 Free	24
5	9-10 200 IM	6
25	11 & O 200 Fly	26
7	8 & U 25 free	8
9	12 & U 50 breast	10
29	11 & O 200 Back	30
11	10 & U 100 fly	12
13	10 & U 50 free	14
27	11 & O 100 Breast	28
15	10 & U 100 back	16
31	11 & O 200 IM	32
17	8 & U 100 medley relay	18
19	10 & U 200 medley relay	20
35	11 & O 200 medley relay	36

15 minute break after event 20

21	Open 500 free	22
43	11 & O 1650 free	44

Session 2-Sunday, January 19

Warm-ups 2:00 PM, Meet Start 2:40 PM

Girls	Event	Boys
45	10 & U 100 free	46
63	11 & O 200 free	64
47	8 & U 25 breast	48
69	11 & O 100 fly	70
49	12 & U 50 back	50
67	11 & O 200 breast	68
51	8 & U 25 back	52
	9-10 50 free	17
	12 & U 50 fly	18
53	11 & O 100 back	54
65	10 & U 100 breast	66
55	11 & O 50 free	56
71	10 & U 100 IM	72
57		58
	68	
59	8 & U 100 free relay	60
61	10 & U 200 free relay	62
75	11 & O 200 free relay	76

10 minute break after event 80

81	11 & O 400 IM	82
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