



**VIRGINIA GATORS JANUARY  
INVITATIONAL  
A/BB/B/C  
January 18-19, 2020  
SANCTION NO. VS-20-61**



<b>SANCTION:</b>	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-61 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.
<b>LOCATION:</b>	Savage Natatorium, James Madison University, Harrisonburg, Virginia
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• Spectator seating for 800. Gymnasium will also be available for additional seating.</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: Lanette Smith / Sharon Armentrout E-Mail: lanettefsmith@gmail.com / <a href="mailto:Armentrout.Sharon@va.sysco.com">Armentrout.Sharon@va.sysco.com</a> Phone: (540) 271-1389
<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 <b>January 18, 2020</b> 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 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 10 &amp; Younger swimmers will swim in the morning (Session 1 Saturday and Session 3 Sunday). These sessions will offer events for 8 &amp; Under, 10 &amp; Under, and 9-10 age groups.</li> <li>• All 11 &amp; Older swimmers will swim in the afternoon Session 2 Saturday and Session 5 Sunday. These sessions offer events for 11-12, 13 &amp; over age groups.</li> <li>• All events will be timed finals.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Morning sessions: Warm-ups at 9:00 am; competition starts at 10:00 am.</li> <li>• Afternoon sessions: Warm-ups Saturday no earlier than 1:00 PM; competition starts no earlier than 2:00 pm. Warm-ups Sunday no earlier than 12:00 noon; competition starts no earlier than 1:00 PM Sunday.</li> <li>• Lane assignment and warm-up times for individual clubs will be posted on the Gators website no later than <b>Tuesday, January 14, 2020</b> 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, Wednesday, January 8, 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, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</li> <li>• 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.</li> <li>• Swimmers may enter a maximum of <b>5 individual events and 1 relay event per day</b>.</li> <li>• Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.</li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit. Relays may be eliminated and relay fees refunded if this is necessary.</li> <li>• Email entries to: Shawn Lough, Email: sandjlough@yahoo.com</li> <li>• 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.</li> </ul>
<b>FEES:</b>	<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"> <li>• Checks should be made payable to: Virginia Gators, Harrisonburg</li> <li>• Mail payment to: Virginia Gators  P.O. Box 984  Harrisonburg, VA 22803</li> <li>• Payment must be received by <b>Friday, January 18, 2020</b> for all entries.</li> <li>• Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Ribbons will be awarded for first through eighth place for all age groups. <ul style="list-style-type: none"> <li>○ 10 &amp; Under individual events will be awarded for each age group: 8 &amp; Under and 9-10</li> <li>○ 11 &amp; Over individual events will be awarded for each age group: 11-12, 13-14, 15-18</li> <li>○ Open events will be awarded first through eighth place</li> <li>○ Heat winner ribbons will be awarded for all 10 &amp; Under individual events.</li> </ul> </li> <li>• Relay events: Awards will be given for first through fourth place.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• Swimmers in all sessions should report directly to the blocks for their events</li> <li>• All events will be pre-seeded.</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, 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, 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: Beth Arnold</b>  <b>Email: arnoldeaa@gmail.com</b>  <b>Phone: 540-383-9080</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 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 <b>Wednesday, January 15, 2020</b>.</li> </ul>
	<ul style="list-style-type: none"> <li>• Officials will meet on the pool deck one hour before the start of any 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 VAST website no later than Tuesday, January 8, 2019 and will also be emailed to the contact person of each of the individual clubs.</li> <li>• <b>Swimmers competing in 400 IM (81-82) are responsible for providing their own timers.</b></li> <li>• <b>Swimmers competing in 500 Free (21-22, 41-42), 1000 Free (83-84) and 1650 Free (43-44) are responsible for providing their own lap counters and timers.</b></li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Heat Sheets will be sold for \$7.</li> <li>• Swimmers are not permitted in any room of the building not directly associated with this swim meet.</li> <li>• Aramark of JMU will provide concessions.</li> <li>• Pro-shop will be available.</li> <li>• 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.</li> <li>• All results will be posted in the hallway near the spectator stand.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• The viewing area above the pool will be available both days. Please obey signage. Do not go into other areas of Godwin Hall.</li> <li>• Access to the pool will be limited to swimmers, coaches, officials, staff and timers.</li> <li>• No smoking is permitted in the building.</li> <li>• No food or drink on the pool deck. Concessions available in hallway.</li> <li>• Please be courteous in sharing the locker rooms and bathrooms by keeping them neat.</li> </ul>
<b>DIRECTIONS:</b>	<ul style="list-style-type: none"> <li>• The Godwin pool facility is located on the campus of James Madison University.</li> <li>• 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.</li> <li>• Parking is available in Lots G, P and Champions Drive Parking Deck. See parking map: <a href="http://www.jmu.edu/parking/_files/parkingmap.pdf">http://www.jmu.edu/parking/_files/parkingmap.pdf</a></li> </ul>
<b>HOTELS:</b>	<ul style="list-style-type: none"> <li>• Courtyard Marriot: 1890 Evelyn Byrd Avenue, Harrisonburg, VA, (540) 432-3031 about 5 minutes from the pool.</li> <li>• Hotel Madison at James Madison University: 710 South Main St, Harrisonburg, VA, 22801. (540) 564-0200, about 5 minutes from the pool.</li> <li>• Hampton Inn: 85 University Boulevard, Harrisonburg, VA, (540) 432-1111. Continental breakfast, about 5 minutes from the pool.</li> <li>• Residence Inn - Marriott 1945 Deyerle Ave. Harrisonburg, VA (540) 437-7426 5 minutes from pool</li> <li>• Quality Inn - 1881 Evelyn Byrd Ave. Harrisonburg, VA (540) 645-6469 -5 minutes from pool</li> </ul>

**Virginia Gators Order of Events**  
**Jan 18-19, 2020**

**Session 1-Saturday AM, January 18**

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

Girls	Event	Boys
1	10 & U 200 free	2
3	8 & U 25 fly	4
5	9-10 200 IM	6
7	8 & U 25 free	8
9	10 & U 50 breast	10
11	10 & U 100 fly	12
13	10 & U 50 free	14
15	10 & U 100 back	16
17	8 & U 100 medley relay	18
19	10 & U 200 medley relay	20

10 minute break after event 20

21	10 & U 500 free	22
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**Session 2-Saturday PM, January 18**

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

Girls	Event	Boys
23	11 & O 100 Free	24
25	11 & O 200 Fly	26
27	11 & O 100 Breast	28
29	11 & O 200 Back	30
31	11 & O 200 IM	32
33	11-12 200 medley relay	34
35	13 & O 200 medley relay	36
37	11-12 400 medley relay	38
39	13 & O 400 medley relay	40

10 minute break after event 40

41	11 & O 500 free	42
43	13 & O 1650 free	44

**Session 3-Sunday AM, January 19**

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

Girls	Event	Boys
45	10 & U 100 free	46
47	8 & U 25 breast	48
49	10 & U 50 back	50
51	8 & U 25 back	52
53	10 & U 50 fly	54
55	10 & U 100 breast	56
57	10 & U 100 IM	58
59	8 & U 100 free relay	60
61	10 & U 200 free relay	62

**Session 4-Sunday PM, January 19**

Warm-ups Not before 12:00 Noon  
 Session Start Not before 1:00 PM  
 (times approximate)

Girls	Events	Boys
63	11 & O 200 free	64
65	11 & O 100 back	66
67	11 & O 200 breast	68
69	11 & O 100 fly	70
71	11 & O 50 free	72
73	11 -12 200 free relay	74
75	13 & O 200 free relay	76
77	11 -12 400 free relay	78
79	13 & O 400 free relay	80

10 minute break after event 80

81	11 & O 400 IM	82
83	11 -12 1000 free	84
85	13 & O 1000 free	86