



**H2OKIE MLK INVITE
A/BB/B/C Meet
January 11-12, 2020
SANCTION NO. VS-20-72**

Hosted by:



SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-20-72 USA Swimming, Inc., Virginia Swimming, Inc., Hokie Aquatics and the Christiansburg 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.
LOCATION:	Christiansburg Aquatic Center, 595 N. Franklin Street Christiansburg, VA 24073 (540) 381-7665
FACILITY:	<ul style="list-style-type: none"> 50 Meter by 25 yard pool, lanes have non-turbulent lane lines, deck-anchored starting blocks and water depth of min. of 7.0 feet at the starting end. Colorado Timing System with color scoreboard and separate video board will be used. Two Race Courses will be utilized: 8 Lane Course and 10 Lane Course The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). Two 25 Yard courses will be used.
MEET DIRECTOR:	Name: Scott Baldwin Email: edbaldwi@vt.edu Phone: (540) 998-2327
ELIGIBILITY:	<ul style="list-style-type: none"> Open to HOKI, GATR, CCA, SCAT, STRM, LASO teams and their USA Swimming athletes who are registered prior to the first day of the meet. No on deck USA Swimming athlete registration will be permitted. Age on January 11, 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 Events Timed Finals All 12 & Under Session swimmers will swim in one course on Saturday and Sunday AM. All 13&Overs will swim in one course on Saturday and Sunday AM. Depending on number of entries, pools may be combined.
WARM-UPS:	<ul style="list-style-type: none"> Warmups will begin on Saturday and Sunday no earlier than 7am. Meet Start: no earlier than 8am Warm-up times will be posted on www.h2okieaquatics.org no later than January 8, 2019 and emailed to the contact person of the participating clubs.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, January 7, 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 must 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. “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. Coaches Times (CT) may be used. 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 events per day.

	<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. • Email entries to: edbaldwi@vt.edu • 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: \$5.00 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: H20kie Aquatics • Mail payment to: Scott Baldwin 2211 Walnut Spring Rd Blacksburg, VA 24060 Phone: (540) 998-2327 • Payment must be received by January 11, 2020 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for first through eighth place. <ul style="list-style-type: none"> ○ 12 & Under events will be awarded by 8&U, 9, 10, 11, and 12 year old single age groups. ○ No Awards for Senior Events
SEEDING:	<ul style="list-style-type: none"> • All events 200 yds or less will be pre-seeded. All events 400 yds or longer will be deck seeded with a positive check-in as described below. • Swimmers should report directly to the blocks for their events. • Positive check-in: OPEN 400IM and 500 Events by 8:30am the day of competition. • OPEN 400 IM and 500 FREE will be swum fastest to slowest in alternating heats of girls and boys. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED. • A swimmer who positively checks-in for a distance event and does not show up to compete will not be able to swim his/her next event.
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>

	<ul style="list-style-type: none"> • 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, all 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: George Zolovick Email: gmzolovick@aol.com Phone: 540-449-5413</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 Scott Greiner, Email: sgreiner@vt.edu, no later than January 7, 2020. • There will be a meeting of all strokes and turns officials 30 minutes prior to the start of the Friday evening session and one hour prior to all Saturday and Sunday sessions
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 www.h20kieaquatics.org no later than January 7, 2020 and emailed to the contact person of each of the individual clubs. • Distance events, event #21-22 (500 Free) and #47 (1650 Free), participants will be expected to provide their own timers and lap counters.
GENERAL:	<ul style="list-style-type: none"> • Spectator seating of approximately 1200 is available above the swimming venue. • Only swimmers, officials, and timers are allowed on deck. • <i>Swim and Tri</i> swimwear will be in attendance for swimming related items. • Hospitality will be provided to certified USA swimming coaches and registered USA swimming officials only.
FACILITY RULES:	<p>FOLLOWING RULES ARE TO BE FOLLOWED DURING THE EVENT ALONG WITH THE TOWN OF CHRISTIANSBURG AQUATIC CENTER RULES:</p> <ul style="list-style-type: none"> • Concessions will be allowed in designated areas only. Drinks are permitted in plastic bottles or covered cups. • Young children must be supervised by an adult. • Observers are to stay in designated areas. • No tape of any kind is to be used inside to hang signs, banners or decorations. Please consult with the Director of Aquatics prior to hanging up any relevant decorations. • Only Aquatic Staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Staff Management. • Smoking is NOT permitted within the Town of Christiansburg Aquatic Center. • The Town of Christiansburg Aquatic Center is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings. • No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Director. • No glass containers of any kind are to be brought into the pool complex. • Parking violators will be subject to fines and/or towing as posted. • Overflow parking may be pre-arranged with Kroger or Christiansburg High School on weekends. • The Aquatic Center strongly encourages showering prior to entering the pool. • All emergency exits and walkways must remain clear.

	<ul style="list-style-type: none"> Each club is responsible for supervising the conduct of its swimmers/spectators. Swimmers are not permitted in any room not directly associated with the meet.
DIRECTIONS:	MapQuest using this address: 595 North Franklin Street, Christiansburg, VA 24073

Order of Events

Saturday, January 11, 2020

Girls	Event	Boys
1	Open 200 Fly	2
3	12&Under 50 Fly	4
5	Open 200 Free	6
7	12&Under 200 Free	8
9	8&Under 25 Fly	10
11	8&Under 25 Back	12
13	Open 100 Breast	14
15	12&Under 100 Breast	16
17	Open 50 Free	18
19	12&Under 50 Free	20
21	Open 200 Back	22
23	12&Under 50 Back	24
25	Open 200IM	26
27	12&Under 200IM	28
29	Mixed 500 Free	

Sunday, January 12, 2020

Girls	Event	Boys
31	12&Under 100 Fly	32
33	Open 100 Fly	34
35	12&Under 100 Free	36
37	Open 100 Free	38
39	8&Under 25 Breast	40
41	8&Under 25 Free	42
43	Open 200 Breast	44
45	12&Under 50 Breast	46
47	Open 100 Back	48
49	12&Under 100 Back	50
51	Open 400 IM	52
53	12&Under 100 IM	54
55	Mixed 1650	