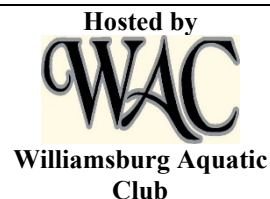




**2020 Mike Willard Polar Plunge Meet  
A/BB/B/C Meet  
January 25-26, 2020  
SANCTION NO. VS-20-67**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-20-67</b></li><li>• USA Swimming, Inc., Virginia Swimming, Inc., Williamsburg Aquatic Club, and the Collegiate School 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>	Collegiate School Aquatic Center, 5050 Ridgedale Parkway, Richmond. Va. 23234, Phone: (804) 271-8271
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>• The Collegiate School Aquatic Center provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet.</li><li>• The 50-Meter competition pool with bulkhead offers two 25 yard competition pools with a depth of seven feet and seven inches at the sides and eight feet two inches in the center. Competition lanes are a minimum of 9 feet wide swum wall to bulkhead.</li><li>• This meet will be swum in the 25 Yard Course.</li><li>• Warm-up &amp; Warm-down lanes will be available on the other side of the bulkhead.</li><li>• Non-Turbulent Lane Markers in both pools.</li><li>• Omega Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches.</li><li>• There is Spectator Seating for 700 plus.</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>	Harold Baker Email: <a href="mailto:coachharold2@cox.net">coachharold2@cox.net</a> Phone: (757) 229-8662
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>• Open to all Virginia/USA Swimming athletes registered before the first day of the meet.</li><li>• No on-deck Virginia/USA Swimming athlete registration will be permitted.</li><li>• 2017-2020 NAG Time Standards are in effect.</li><li>• Age on January 25, 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 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 12 &amp; under swimmers will swim in the A.M. sessions</li><li>• All 13 &amp; over swimmers will swim in the P.M. sessions.</li><li>• Distance Sessions will start 15 minutes after the conclusion of the afternoon session but not before 3:15 P.M. Swimmers must provide their own timers and lap counters.</li><li>• All events will be timed finals.</li><li>• All 25 yard events will start from the turn end of the pool.</li><li>• Based on the number of entries received, the meet director reserves the right to configure the pool in two 25 yard courses. If this becomes necessary, teams will be notified NLT Tuesday, January 21, 2020.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>• Morning sessions: Warm-ups at 7:30 A.M.; competition starts at 8:30 A.M.</li><li>• Afternoon sessions: Warm-ups not before 12:30 P.M.; Competition starts not before 1:30 P.M.</li><li>• Distance sessions: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the P.M. session(s), with the distance session competition starting 5 minutes thereafter.</li><li>• The approximate start time for the distance sessions will be posted on the <a href="http://www.swimwac.com">www.swimwac.com</a> website no later than Tuesday, January 21, 2020 and will also be emailed to the contact</li></ul>

	<p>person of the participating clubs. The distance sessions will start no earlier than the estimated times.</p> <ul style="list-style-type: none"> <li>• Lane assignment and warm-up times for individual clubs will be posted on the <a href="http://www.swimwac.com">www.swimwac.com</a> website no later than January 21, 2020 and will also be emailed to the contact person of the participating clubs.</li> <li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> <li>• The Meet Director reserves the right to change warm-up start times based on entries and length of Session.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY JANUARY 15<sup>th</sup>, 2020.</b></p> <ul style="list-style-type: none"> <li>• Entries must be submitted in short course yards times using Hy-Tek Team Manager and Commlink-2 software.</li> <li>• Teams submit entries via email.</li> <li>• A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name of the person to contact in case of questions must accompany the entries.</li> <li>• Coach Time (CT) and “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. <b><u>CT must be slower than an “A” time.</u></b> 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>4 individual event(s) and 1 relay event(s) 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 for the A.M. Sessions. Relays may also be eliminated if necessary and relay fees will be refunded should this happen.</li> <li>• The Meet Director may also move warm-up times based on entries. Warm-up times can be moved back but not to an earlier time than listed in the Meet Announcement.</li> <li>• Email entries to: Harold Baker at <a href="mailto:coachharold2@cox.net">coachharold2@cox.net</a>.</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 Meet Director.</li> </ul>
<b>FEES:</b>	<p>Individual events: \$6.50 Relay events: \$14.00 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: Williamsburg Aquatic Club.</li> <li>• Mail payment to: Williamsburg Aquatic Club 3013 South Court Williamsburg, Va. 23185</li> <li>• Payment must be received by Wednesday January 23, 2019 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>• <b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery <del>as this will delay the acceptance of your entries.</del></li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Ribbons will be awarded for First through Eight place. <ul style="list-style-type: none"> <li>○ 13 &amp; Over events will be given separate awards for 13-14 and 15 &amp; Over age groups.</li> <li>○ 10 &amp; Under events will be given separate awards for 9-10 and 8 &amp; Under age groups.</li> </ul> </li> <li>• Relay events: Ribbons will be awarded for First through Eight place.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events, except #27-28(12 &amp; U 500 Free), #43-44(13 &amp; O 400 I.M.), #51-52(13 &amp; O 1650 Free), #93-94(13 &amp; O 500 Free), and #101-102(13 &amp; O 1000 Free) will be pre-seeded.</li> <li>• 8 &amp; under 25 Yard swimmer will report to the Clerk of Course. All other Swimmers should report directly to the blocks for their events.</li> <li>• Events #27-28(12 &amp; U 500 Free), #43-44(13 &amp; O 400 I.M.), #51-52(13 &amp; O 1650 Free), #93-94(13 &amp; O 500 Free) and # 101-102(13 &amp; O 1000 Free) will require a positive check-in to swim.</li> <li>• Positive check-in will close at the end of the Session’s warm-ups for events #27-28(12 &amp; U 500 Free), #43-44(13 &amp; O 400 I.M.), and #93-94(13 &amp; O 500 Free). The Distance events #51-52 (13 &amp; O 1650 Free) and #101-102(13 &amp; O 1000 Free) will close at 3:00 P.M. on the day of the event.</li> </ul>

	<ul style="list-style-type: none"> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.</b></li> <li>• All events will be swum slowest to fastest.</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: <ol style="list-style-type: none"> <li>1) Entries using fraudulent or non-verifiable Times</li> <li>2) Athlete competes in the wrong Age Group'</li> <li>3) Athlete is not registered with USA Swimming prior to the 1<sup>st</sup> day of the meet</li> </ol> </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 USA-S 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: Genny Kimbel</b>  <b>Email: <a href="mailto:Gennykimbel@gmail.com">Gennykimbel@gmail.com</a></b>  <b>Phone: 757-876-9134</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 chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Shawn Nelson the WAC Officials Chair, Email: <a href="mailto:m.burrows@cox.net">m.burrows@cox.net</a> no later than Sunday January 19, 2020.</li> <li>• Officials meetings will begin at 7:30 A.M. for the 2 Morning Sessions and at 12:30 P.M. for the 2 Afternoon Sessions. They will run for 1 hour in the Hospitality Room at the discretion of the Referees.</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 at <a href="http://swimwac.com">swimwac.com</a> no later than Tuesday, January 21, 2020, and will also be emailed to the contact person of each of the individual clubs.</li> <li>• Swimmers must provide their own timers and lap counter for the Distance Session Events.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Meet programs will be sold for \$7.00</li> </ul>

	<ul style="list-style-type: none"> <li>• Concessions will be available during the meet, closing 1 hour before the end of the meet each day.</li> <li>• Coaches and officials' hospitality will be provided; Breakfast &amp; Lunch on Saturday and Sunday.</li> <li>• Overflow parking will be available at the now closed Martin's behind the Aquatic Center.</li> <li>• The Tri &amp; Swim Shop will be open in the entrance Lobby.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• No glass containers of any kind are permitted in the facility.</li> <li>• Lawn/deck chairs are not permitted in the grandstand.</li> <li>• No spectators/parents will be allowed on deck unless working the meet.</li> <li>• No Smoking is allowed anywhere on the Aquatic Center campus.</li> <li>• Doors are not to be propped open and the front door is the only entry/exit door from the facility.</li> </ul>
<b>DIRECTIONS:</b>	Go to <a href="http://swimwac.com">swimwac.com</a> – Click on Meets & Events & then onto Meet Venues

**2020 Polar Plunge  
ORDER OF EVENTS**

**Saturday January 25, 2020**

<b>Morning Session</b>		
<b>Warm-up: 7:30 A.M.; Start: 8:30 A.M.</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
1	8 & under 25 Fly	2
3	11 & 12 200 Back	4
5	10 & under 50 Back	6
7	11 & 12 50 Back	8
9	10 & under 100 Fly	10
11	11 & 12 100 Fly	12
13	11 & 12 400 I.M.	14
15	10 & under 100 Breast	16
17	11 & 12 100 Breast	18
19	10 & under 100 I.M.	20
21	11 & 12 100 I.M.	22
23	10 & under 50 Free	24
25	11 & 12 50 Free	26
27	12 & under 500 Free	28
29	11 & 12 200 Fly	30
31	8 & under 25 Back	32
33	10 & under 200 Med. Relay	34
35	11 & 12 200 Med. Relay	36

<b>Afternoon Session</b>		
<b>Warm-up: 12:30 P.M.; Start: 1:30 P.M.</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
37	13 & over 100 Back	38
39	13 & over 200 Breast	40
41	13 & over 50 Free	42
43	13 & over 400 I.M.	44
45	13 & over 200 Fly	46
47	13 & over 100 Free	48
49	13 & over 200 Med. Relay	50

<b><u>Distance Session</u></b>		
<b>(15 Minute Break)</b>		
51	13 & over 1650 Free	52

**Sunday January 26, 2020**

<b>Morning Session</b>		
<b>Warm-up: 7:30 A.M.; Start: 8:30 A.M.</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
53	8 & under 25 Free	54
55	11 & 12 50 Breast	56
57	10 & under 50 Breast	58
59	11 & 12 200 Breast	60
61	10 & under 100 Free	62
63	11 & 12 100 Free	64
65	10 & under 50 Fly	66
67	11 & 12 50 Fly	68
69	10 & under 200 Free	70
71	11 & 12 200 Free	72
73	10 & under 100 Back	74
75	11 & 12 100 Back	76
77	10 & under 200 I.M.	78
79	11 & 12 200 I.M.	80
81	8 & under 25 Breast	82
83	10 & under 200 Free Relay	84
85	11 & 12 200 Free Relay	86

<b>Afternoon Session</b>		
<b>Warm-up: 12:30 P.M.; Start: 1:30 P.M.</b>		
<b><u>Girls</u></b>	<b><u>Events</u></b>	<b><u>Boys</u></b>
87	13 & over 100 Breast	88
89	13 & over 200 Free	90
91	13 & over 100 Fly	92
93	13 & over 500 Free.	94
95	13 & over 200 Back	96
97	13 & over 200 I.M.	98
99	13 & over 200 Free Relay	100

<b><u>Distance Session</u></b>		
<b>(15 Minute Break)</b>		
101	13 & over 1000 Free	102