



**Quest Swimming  
2019 Intrasquad Meet  
September 27, 2019  
SANCTION NO. VS-20-18**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-20-18</b></li><li>USA Swimming, Inc., Virginia Swimming, Inc., Quest Swimming and SwimQuest 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>	SwimQuest Aquatic Center 6800 Deer Run Drive Midlothian, VA 23112
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>The SwimQuest Aquatic Center is an outdoor 6 lane, 25 yard pool with varying depths from 3 ½ to 5 ½ feet. The pool has non-turbulent lane lines. We will not be using an electronic timing system.</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><li>Please bring your own chairs to sit on the pool deck. There is no special seating provided.</li></ul>
<b>MEET DIRECTOR:</b>	Chad Onken, Co-Head Coach, Quest Swimming <a href="mailto:QuestCoachChad@gmail.com">QuestCoachChad@gmail.com</a> (919) 360-7370
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li><b>THIS MEET IS ONLY OPEN TO QUEST SWIMMING ATHLETES REGISTERED WITH USA SWIMMING BEFORE THE FIRST DAY OF THE MEET.</b></li><li>No on deck Virginia Swimming athlete registration will be permitted.</li><li>Quest Swimming athletes aged 6-18 are eligible to compete. Age on September 27<sup>th</sup> will determine the age for the entire meet.</li><li>Athletes from the Home School training program, Quest 1/2/3 training groups, and Age Group 1/2/3 training groups are eligible to compete.</li><li>There are no minimum qualifying standards to compete in this meet. All athletes are encouraged to participate.</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 events will be seeded by age group and time. <b>This will be a mixed gender meet.</b> All athletes (regardless of gender) will compete against all other athletes in their age group.</li><li>All events will be timed finals.</li><li>All events, including 25 yard events, will start from the start end of the pool.</li><li>The second (#2) and fourth (#4) relay participants in the 8 &amp; under relays will NOT be starting from a dive – they will be starting from an in-water start.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>Warm-ups will begin at 4:00 pm. The meet starts at 5:00 pm.</li></ul>
<b>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS Saturday, September 21.</b> <ul style="list-style-type: none"><li>“No Time” (NT) entries will be accepted.</li><li>Swimmers may enter a maximum of <b>5 individual event(s) and 1 relay event(s)</b> for the entire meet.</li><li>We will have a maximum of six (6) relay teams entered into each event. We will have mixed</li></ul>

	<p>gender relays. Each relay MUST be comprised of two (2) women and two (2) men.</p> <ul style="list-style-type: none"> <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.</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> <li>• Relays may also be eliminated if necessary and in that case relay fees will be refunded.</li> <li>• The Meet Director reserves the right to add a 5 minute break as needed, if the timeline allows for them throughout the session.</li> <li>• Email entries to: Chad Onken, Meet Director, <a href="mailto:QuestCoachChad@gmail.com">QuestCoachChad@gmail.com</a></li> </ul>
<b>FEES:</b>	All Quest athletes will pay a \$20.00 entry fee to participate in the meet – regardless of the amount of events that you are swimming. We will charge the credit card on file on our TeamUnify website.
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded.</li> <li>• Clerk of Course will be provided for all 8 &amp; Under events.</li> <li>• Swimmers in the 9 &amp; older events should report directly to the blocks for their events.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• No awards will be given at this meet.</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>• 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>• 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>• 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 into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED.</li> <li>• In accordance with VSI best practices, all swimmers should shower before entering the pool.</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: Phil Gibb</b>  <b>Email: <a href="mailto:phil.gibb@honeywell.com">phil.gibb@honeywell.com</a></b>  <b>Phone: (804) 536-5160</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• All certified Quest officials (and those apprenticing) are expected to help us run this meet. Please communicate with the Meet Referee with regards to your availability.</li> <li>• There will be an official's meeting in the Quest Swimming offices at 4:30 pm.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	Each lane will have 3 timers. These timers will be volunteers from the Quest Swimming family.
<b>GENERAL:</b>	Quest Boosters will be selling heat sheets for \$5.00.

	Quest Boosters will also have a concession stand on site to sell snacks, drinks, and refreshments. Quest Boosters will also have a 50/50 raffle. We will (potentially) have Swim and Tri on hand to sell apparel
<b>FACILITY RULES:</b>	Senior athletes, parents, and spectators are expected to follow all posted Quest Swimming team and facility rules throughout the meet.

**Quest Swimming – 2019 Intrasquad Meet  
ORDER OF EVENTS**

**Friday, September 27<sup>th</sup>, 2019**

**Warm-ups: 4:00 pm**

**Meet start: 5:00 pm**

<b><u>Events</u></b>	<b><u>Event #</u></b>
Mixed 8 & Under 25 Free	1
Mixed 12 & Under 50 Free	2
Mixed 11 & Older 100 Free	3
Mixed 8 & Under 25 Back	4
Mixed 12 & Under 50 Back	5
Mixed 11 & Older 100 Back	6
Mixed 8 & Under 25 Breast	7
Mixed 12 & Under 50 Breast	8
Mixed 11 & Older 100 Breast	9
Mixed 8 & Under 25 Butterfly	10
Mixed 12 & Under 50 Butterfly	11
Mixed 11 & Older 100 Butterfly	12
Mixed 8 & Under 100 IM	13
Mixed 9 & Older 200 IM	14
8 & Under Mixed 100 Medley Relay	15
9-10 Mixed 200 Medley Relay	16
11-12 Mixed 200 Medley Relay	17
13-14 Mixed 200 Medley Relay	18