
	<b>Valley Swim Team – Phoenix</b> <b>POLAR PLUNGE</b> <b>A/BB/B/C Meet</b> <b>January 11-12, 2020</b> <b>SANCTION NO. VS-20-60</b>	<b>Hosted by:</b>  <b>Valley Swim Team - Phoenix</b>
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<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., VS-20-60</li> <li>USA Swimming, Inc., Virginia Swimming, Inc., VSTP and Warrenton Aquatic and Recreation Facility 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>	Warrenton Aquatic and Recreation Facility, 800 Waterloo Rd. Warrenton VA., (540) 349-2520
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>Eight Lane 25 yard indoor pool, 4.5 (lane 1) to 11.8 feet in depth (lane 8); Non-Turbulent Lane Markers; Colorado Automatic &amp; Semi-Automatic Timing System. Two additional 25 yard lanes will be available for continuous warm-up and cool down.</li> <li>The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). The copy of such certification is on file with USA Swimming.</li> </ul>
<b>MEET DIRECTOR:</b>	Greg Jones E-mail : infovstp@gmail.com Phone: (540) 560 7048
<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>VSTP reserves the right to fill in events with its own club's invited swimmers in the age group sessions, regardless of their seed times.</li> <li>The 12 and under 500Y Freestyle (#17-18) will be swum in the 12 and under morning session Saturday and will require a positive check-in. There will be no more than three heats per event. The fastest verifiable times will be seeded provided they have at least a provable BB time in the 200Y Freestyle in their respective age group.</li> <li>The 13 &amp; Over 500Y Freestyle (#31-32) will be swum in the afternoon session Saturday and will require positive check-in. Swimmers entering the 500Y Freestyle must have a provable BB time in the 200Y Freestyle in their respective age group or a B time in the 500Y Freestyle.</li> <li>11-12 400 IM (#49-50) will be swum in the 12 and under morning Session Sunday and require a positive check-in. Swimmers must have at least a provable BB time in their respective age group in the 200 IM or a B time in the 400 IM.</li> <li>13 and older 400 IM, (#63-64) will be swum in the 13 and over afternoon Session Sunday and require a positive check-in. There will be no more than two heats per event. Swimmers must have at least a provable BB time in their respective age group in the 200 IM or a B time in the 400 IM.</li> <li>2017-2020 NAG Motivational time standards are in effect.</li> <li>Age on January 11, 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 timed finals in the morning session.</li> <li>All 13 &amp; over swimmers will swim timed finals in the afternoon session.</li> <li>All relay events will be timed finals</li> </ul>
<b>WARM-UPS:</b>	<ul style="list-style-type: none"> <li>Morning sessions: Warm-ups not before 7 am; competition starts not before 8:00 am.</li> <li>Saturday afternoon session: warm-ups not before 12:00pm; competition starts not before 1:00pm.</li> </ul>

	<ul style="list-style-type: none"> <li>• Sunday afternoon session: warm-ups not before 11:30 AM; competition starts not before 12:30 pm</li> <li>• Distance events: There will be a 5 minute break after each session's relays before the distance events Distance events #17-18, #31-32 (500 Free) and events #49-50, #63-64 (400 IM).</li> <li>• The approximate start time for the distance sessions will be posted on the Valley Swim Team Phoenix website <a href="http://www.valleyswimteam.com">www.valleyswimteam.com</a> no later than Tuesday, January 7, 2020 and will also be emailed to the contact person of the participating clubs. The distance sessions will start no earlier than the estimated times.</li> <li>• Lane assignment and warm-up times for individual clubs will be emailed to the contact person of the participating club no later than Tuesday, January 7, 2020. The distance session will start no earlier than the estimated times.</li> <li>• If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends.</li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, JANUARY 1, 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) will be accepted for events in which a swimmer does not have a time of record (except for 11-12 400 IM and 10 and under for 500 Free). <b>CT must be slower than an "A" time.</b> All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>• All swimmers may enter a maximum of 4 individual events and 1 relay event per day.</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 <b>and accepted</b> to the greatest extent possible without exceeding the 4-hour/session timeline limit. Relays may be eliminated if necessary and relay fees will be refunded should this happen.</li> <li>• Email entries to: <a href="mailto:infovstp@gmail.com">infovstp@gmail.com</a></li> <li>• <b>Late entries will be accepted until January 9, 2020.</b> <ul style="list-style-type: none"> <li>○ Late entries will be accepted if time and swimmer limits have not been exceeded.</li> <li>○ If received prior to the posting of the heat sheet, the swimmer will be seeded into the event; if after they will be entered in the slowest heat in an empty lane.</li> </ul> </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: \$7.50  Relay events: \$16.00  Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)  Deck Entries will be \$10 per event.</p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: VSTP.</li> <li>• Mail Payment to Jessica De Jong  115 Old Forest Circle  Winchester, VA 22602</li> <li>• Payment must be received by Wednesday January 8, 2020 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 as this will delay the receipt of your entries.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• No awards will be given at this meet.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events except #17-18, #31-32 (500 Free) and events #49-50, #63-64 (400 IM) will be pre-seeded.</li> <li>• Positive check-in for the 500 free and 400 IM will close a half hour before the scheduled session start.</li> <li>• All The 400 IM and 500 Free events MAY be limited by the meet director to the top 32 swimmers per event</li> </ul>

	<p>according to time constraints. Teams will be notified by January 4, 2020 if the events will be limited to top 32 in any session.</p> <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>• Events #17-18, #31-32 (500 Free) and events #49-50, #63-64 (400 IM) will be swum fastest to slowest and alternating heats of girls and boys.</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>• 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>• 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, 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>• An 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:</b> Tony Martinich  Email: <a href="mailto:tonymartinich@gmail.com">tonymartinich@gmail.com</a>  Cell: (540) 273-8362</p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Officials should follow this link to apply to officiate no later than Tuesday Jan. 8, 2020 – <a href="#">2020 Polar Plunge Officials Sign Up</a></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 Jessica De Jong, Email: <a href="mailto:jepdejong@comcast.net">jepdejong@comcast.net</a>, no later than Wednesday January 8, 2020.</li> <li>• There will be an Officials meeting one hour before the start of each session.</li> <li>• Dress for Officials will be navy and white for all timed finals.</li> <li>• There will be coaches meeting in the hospitality area, prior to the start of sessions 1 and 3</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</li> </ul>

	<p>each session.</p> <ul style="list-style-type: none"> <li>The number of timers required per club and their lane assignments will be posted on <a href="http://www.valleyswimteam.com">www.valleyswimteam.com</a> no later than January 7, 2020 and will also be emailed to the contact person of each of the individual clubs.</li> <li>Swimmers must provide own timers and counters for events #17-18, #31-32 (500 Free) and their own times in events #49-50, #63-64 (400 IM).</li> </ul>												
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>Heat sheets will be posted on <a href="http://www.valleyswimteam.com">www.valleyswimteam.com</a> no later than January 8, 2020.</li> <li>A Hospitality Suite will be available (refreshments, lunch &amp; dinner) for USS officials &amp; coaches.</li> <li>Concessions snack bar will be available</li> <li>Sport Fair swim shop will be on premises</li> </ul>												
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>Each club is responsible for supervising the conduct of their swimmers</li> <li>Swimmers are not permitted in any room of the building not directly associated with this swim meet.</li> <li>Only coaches, swimmers, and officials are allowed on the competition deck. All others are required to be in the elevated spectator bleachers or in the gym.</li> <li>No cars are to be left in fire lanes.</li> <li>No cars are to park on the grass</li> <li>Absolutely no shaving is to take place in the facility.</li> <li>Parking in designated areas only, overflow parking available at nearby high school</li> <li>Spectators will be permitted to bring chairs for designated "camping" areas but no cots allowed. All personal property must be removed from the camping areas by the conclusion of the final session for each day. No large electronic devices are permitted.</li> </ul>												
<b>DIRECTIONS:</b>	Directions are available on the Virginia Swimming website.												
<b>HOTELS:</b>	<table border="0"> <tr> <td><b>Howard Johnson Inn</b></td> <td><b>Holiday Inn Express</b></td> <td><b>Hampton Inn</b></td> </tr> <tr> <td>6 Broadview Avenue</td> <td>410 Holiday Court</td> <td>501 Blackwell Road</td> </tr> <tr> <td>Warrenton, VA</td> <td>Warrenton, VA</td> <td>Warrenton, VA</td> </tr> <tr> <td>(540) 347 4141</td> <td>(540) 368-9600</td> <td>(540) 349-4200</td> </tr> </table>	<b>Howard Johnson Inn</b>	<b>Holiday Inn Express</b>	<b>Hampton Inn</b>	6 Broadview Avenue	410 Holiday Court	501 Blackwell Road	Warrenton, VA	Warrenton, VA	Warrenton, VA	(540) 347 4141	(540) 368-9600	(540) 349-4200
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**VSTP – POLAR PLUNGE ORDER OF EVENTS**

**Saturday, January 11, 2020**

<b>Morning Session #1: 12 and under – Timed Finals</b> Warm-up: not before 7:00 AM; Start not before 8:00 AM			<b>Afternoon Session #2: 13 and over – Timed Finals</b> Warm-up: not before 12:00 PM; Start: not before 1:00 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	12 & Under 200 Freestyle	2	19	13 & Over 200 Breaststroke	20
3	12 & Under 100 Individual Medley	4	21	13 & Over 50 Freestyle	22
5	12 & Under 50 Breaststroke	6	23	13 & Over 200 Butterfly	24
7	12 & Under 100 Backstroke	8	25	13 & Over 100 Backstroke	26
9	11-12 200 Breaststroke	10	27	13 & Over 200 Freestyle	28
11	12 & Under 50 Freestyle	12	29	13 & over 200 Medley Relay	30
13	12 & Under 100 Butterfly	14		*** 5 minute Break ***	
15	12 & Under 200 Medley Relay	16	31	13 & Over 500 Freestyle	32
	*** 5 minute Break ***				
17	12 & Under 500 Freestyle	18			

**Sunday, January 12, 2020**

<b>Morning Session #3: 12 and under – Timed Finals</b> Warm-ups: not before 7:00 AM; Start not before 8:00 AM			<b>Afternoon Session #4: 13 &amp; Over – Timed Finals</b> Warm-ups: Not earlier than 11:30 AM; Start not before 12:30 PM		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
33	11-12 200 Butterfly	34	51	13 & Over 100 Butterfly	52
35	12 & Under 100 Freestyle	36	53	13 & Over 200 Backstroke	54
37	12 & Under 200 Backstroke	38	55	13 & Over 100 Freestyle	56
39	12 & Under 100 Breaststroke	40	55	13 & Over 200 Individual Medley	58
41	12 & Under 50 Butterfly	42	59	13 & Over 100 Breaststroke	60
43	11-12 200 Individual Medley	44	61	13 & Over 200 Freestyle Relay	62
45	12 & Under 50 Backstroke	46		*** 5 minute Break ***	
47	12 & Under 200 Freestyle Relay	48	63	13 & Over 400 IM	64
	*** 5 minute Break ***				
49	11-12 400 IM	50			