

	The Ben Hair Memorial OPEN WATER SWIM JUNE 29, 2019 SANCTION NO. VS-19-122OW	Hosted by HOKIE AQUATICS
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SANCTION:	Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-19-122OW USA Swimming Inc., Virginia Swimming, Inc. Hokie Aquatics, and the Quarry 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:	Quarry: 1009-1019 Lusters Gate Road, Blacksburg, VA 24060. No Phone: (540)998-2327
COURSE DESCRIPTION	<p>Open water: The race course will consist of a 500m loop marked with large orange & green buoys. There will be an in water start at the start/finish line. Finish Banner marks finish line. Manual watches will be used for timing and video will be used for back up timing.</p> <ul style="list-style-type: none"> ● All swimmers who have not completed the course during the prescribed time limit will be asked to retire. ● Details of race course with landmarks will be available at check-in. ● Expected water temperature is 78- 80 degrees. Water depth is from 0-60 feet.
MEET DIRECTOR:	Scott Baldwin Email: edbaldwi@vt.edu Phone: 540-998-2327
ELIGIBILITY:	<ul style="list-style-type: none"> ● Open to all USA Swimming athletes age 7 and older registered prior to the first day of the meet. ● Must be a registered USA swimmer to enter. Single day event membership available for an additional \$12 (registration form can be found on the last page of this announcement). ● On location, single day event USA Swimming registration will be permitted. ● Age on June 29, 2019 will determine age for the entire meet. ● Race day entries will be accepted with prior USA Swimming registration.
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> ● Athletes with a disability are welcomed 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"> ● 5K-10 loops- 90 minutes to complete swim- Advanced (10:00 per loop) * Winning Time expected in the 50-55 min range. ● 3K-(6 loops)- 72 minutes to complete swim- Intermediate (12:00 per loop)* Winning Time expected in 35-40 minute range ● 1.5K (3 loops) 45 minutes to complete swim- Beginner (15:00 per loop) ● 500m (1-loop)- 15 minutes to complete swim- Beginner (15:00 per loop)
WARM-UPS:	<ul style="list-style-type: none"> ● 30 Minutes prior to scheduled start of each race. <ul style="list-style-type: none"> ○ 5K: 8am- Race Start 8:30am ○ 3K: 9:30am- Race Start 10am ○ 1.5K:: 10:30am- Race Start 11am ○ 500m: Warm-ups approx 11am (start of 1.5K), competition starts at 11:30am ● There will be continuous warm up and warm down available.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS MONDAY, JUNE 17, 2019</p> <ul style="list-style-type: none"> ● Entries must be submitted in LCM times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet . ● Teams may submit entries as an e-mail attachment (preferred).

	<ul style="list-style-type: none"> • 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. • Coach's Time (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of 4 <i>individual events</i>. • Entries will be processed in the order received. This meet will be limited to a total of 240 swimmers or maximum of 60 swimmers per event. • The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events; which actions may require reseeding. • Email entries to: edbaldwi@vt.edu Mail entries to: Scott Baldwin 165 Huff Heritage LN Christiansburg, VA 24073 • Deck entries will be accepted in the order received for swimmers to the extent that they can be processed prior to check-in. • Signed entry forms must be received either electronically or by mail June 26.
FEES:	<p>Individual events: \$ 10.00 each individual event. Swimmer Surcharge: \$35 (entered in any capacity in the meet includes cap and t-shirt)</p> <ul style="list-style-type: none"> • All entries received after JUNE 17, 2019 may require a \$5 late fee per swimmer. • Those entering after JUNE 17, 2019, may not receive a T-shirt. THERE WILL BE NO REDUCTION IN FEE • Checks should be made payable to: HOKIE Aquatics • Checks should be sent to: Scott Baldwin • 165 Huff Heritage LN • Christiansburg, VA 24073 • Payment must be received by July 6, 2018 for email entries. Payment must be included with all mailed entries. • IMPORTANT: If entries are 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. • Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	<ul style="list-style-type: none"> • Individual Events: Medals will be awarded to all finisher <p>Open Awards:</p> <ul style="list-style-type: none"> • 5K Winners: Top Male and Female: Backpacks. • 3K Winners: Top 13/14 year old Male and Female: Backpacks • 1.5K Winners: Top 11/12 year old Male and Female: Backpacks • 500M Winners: Top 10&Under Male and Female: Backpacks
SEEDING:	<ul style="list-style-type: none"> • All like-distances will be seeded as a single event, without regard to a swimmer's age or gender. Places, awards, and published results will be separate for each event, age group, and gender. • Positive check-in for each event is listed on the Description of Events and Schedule page (page #6). • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded. • Club may be fined \$100 for each offense, and a record of such offenses shall be kept and published as part of the official meet results.

	<ul style="list-style-type: none"> ● Clubs entering swimmers not legally registered with United States Swimming by the first day of the meet may be fined \$100 per swimmer in each event so entered. ● 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.
RULES:	<ul style="list-style-type: none"> ● The current USA Swimming Rules and Regulations will apply. ● 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 who do not possess these credentials will be required to leave the deck area. ● 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 start area <i>is not permitted.</i> ● Except where venue facilities require otherwise, changing into and out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.
OFFICIALS:	<p>Meet Referee: Gordon Hair Email: grhair919@aol.com Phone: (434) 960-0849 (cell)</p> <ul style="list-style-type: none"> ● Officials at all positions will be required for this meet. ● Officials that are comfortable and want to be out on the water, please state so in your request. ● Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Gordon R Hair no later than June 22, 2019. ● Officials meeting will be at 7:30 AM at the hospitality tent.
SAFETY:	<p><u>The meet is an IN-WATER start with swimmers held in a closed area marked by numbers on swim cap, shoulders, back and front of one leg. They will hold a card with the same number and will give this card to the chief sweep judge prior to the start of the race. The number of each swimmer will be recorded and delivered to each stroke and turn judge prior to the start of race. There will be instructions of the course and rules of play to swimmers, then the start. At each turn, there will be an accounting of the swimmers by Stroke and sweep judge (3 on the water and 2 on land). Any one leaving the course will be accounted for and communicated to the chief sweep judge. When the swimmers finish it will be a beach finish and the swimmers will again be held in the closed starting area until the cards are returned to each swimmer</u></p> <p><u>Monitoring Swimmers During Race</u></p> <ul style="list-style-type: none"> ● Safety boats will monitor the entire course. ● 5 Lifeguards will be on location, (3 in the water on kayaks or paddleboards and 2 on the land with view of entire course. ● <u>Medical Services</u> ● There will be a First Aid station/ tent available at start/finish area. ● The Blacksburg Rescue Squad will be on site with one ALS team and one BLS team. .. ● Hospital Emergency room Montgomery Regional; distance 4 mile and 7 minutes away ; ● Dive team on call ● <u>Safety Communications Plan</u> ● Each official and safety officer will have a radio and air horn, each safety stations will have a whistle, One Radio channel will be devoted to safety. One blast on whistle or one blast on air horn to attract attention then radio explanation of safety need. ● The Safety Officer will be in charge of all safety at the event, overseeing life guards, EMT's and swims safety. The safety officer will be in contact with officials, life guards and EMT's by radio. The safety officer will also have a Golf Cart and driver to be able to move through the event quickly and where needed. ● <u>Feeding Stations</u> ● The course is 500m and feeding stations are not required; however, there will be safety stations and each will have first aid and water

	<ul style="list-style-type: none"> ● <u>Accounting for swimmers</u> ● Each swimmer will be given a numbered card with their information that they must have to enter the water. ● .There will not be escort boats for swimmers. ● There will be safety stations viewing each swimmer and accounting of each swimmer 5 times each lap as they pass each Stroke and sweep judge on the course. ● This is the most important duty of the safety team. ● Each Stroke official will follow radio protocol and also radio when last swimmer passes their station each lap. ● <u>Technical Meeting</u> ● The technical meeting will be held at 7:30 AM race day. This technical meeting will be posted and emailed to each team prior to meet day. There will also be a review with each heat prior to start of each race. ● <u>Safety during pre-race warm-up and post-race warm-down</u> ● There will be a separate warm up warm down area and swimmers will not be allowed to warm up or warm down on the course. The warm up area will also have at least one life guard and one marshal. In addition, there will be at least one canoe on the water to prevent any swimmers beyond the buoy markings of the warm up course. Swimmers will also be required to give their number card to the marshal prior to entering the warm-up area and pick their card up when leaving the warm-up area. ● Officials will notify swimmers of yellow card and red card infractions on the course. Red card infractions will disqualify the swimmer and they must exit the course.
TIMERS:	Timers will be provided by the host team. Watches will be utilized for timing system.
GENERAL:	<ul style="list-style-type: none"> ● This event will be held rain or shine. ● Event may be delayed or cancelled due to lightning. No refunds. ● Average water temperature is expected to be in the High 70s- low 80s. ● Extra Meet Event T-shirts will be available for \$20 each. ● Hospitality tent will be set up by the lake with water coolers available for swimmers.
FACILITY RULES:	<ul style="list-style-type: none"> ● We highly recommend you carpool. Traffic in and out of the quarry will be maintained as it's a one way road. ● No alcohol can be consumed by any swimmer, coach or spectator before or during the competition on race day.
VOLUNTEERS	Anyone wishing to help with registration check-in, body marking, on the water drink station, event check-in, water safety personnel or first aid station, please contact Gordon Hair at grhair919@aol.com .
DIRECTIONS:	Google Maps: 1009-1019 Lusters Gate Road, Blacksburg, VA 24060.
LODGING:	See Blacksburg/ Christiansburg and surrounding communities

Order of Events

Event #1 Women's: Open 5K
Event #2: Men's: Open 5K
Event #3: Women's Open 3K
Event #4: Men's Open 3K

Event #5: Women's Open 1.5K
Event #6: Men's Open 1.5K
Event #7: Women's Open 500m
Event #8 Men's Open 500M

Description of EVENTS and SCHEDULE

Circle if you are you registered with USA-S? USMS? YMCA? USAT? NONE?

Registration Number (required if USA-S): _____

USA Swimming Club: _____

LSC: _____

Address:

City: _____

State: _____ *Zip:* _____

E-mail: _____ Phone: _____ Cell: _____

Make checks payable to: **HOKIE AQUATICS**

T-Shirt Size (**Adult sizes**): S M L XL 2XL

If no t-shirt size is clearly marked, competitor will receive an Adult L.

Please read and sign the liability release:

Liability Release

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Age Group Swimming (Training and competition), including possible permanent disability or death, and agree to assume all of those risks. As a condition of my participation in the USA Swimming or any activities incident thereto, I hereby waive any and all rights to claims for loss or damages caused by the negligence, active or passive, of the following: USA Swimming, Virginia Swimming, Inc, HOKI AQUATICS Swim Team, BH-JSL Foundation, Meet Sponsors, Meet Committees, and or any individuals officiating at the meet or supervising such activities. In addition, I agree to abide by and be governed by the rules of USA Swimming. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Swimmer's Signature _____

Parent's Signature if under 18: _____ Date: _____

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