



**Last chance meet  
Time Trials  
03/04/2020  
SANCTION NO. VS-20-100TT**



<b>SANCTION:</b>	<ul style="list-style-type: none"><li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-20-100TT</b></li><li>USA Swimming, Inc., Virginia Swimming, Inc., and CCA Marlins swim team (venue) 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>	Carter Athletic Center in North Cross School: 4254 Colonial Ave, Roanoke, VA 24018 (540) 9897284
<b>FACILITY:</b>	<ul style="list-style-type: none"><li>Carter Center: 6 Lane 25 yard indoor Pool. 6 feet at Starting end 4 ft at turn end. Colorado Timing System- single line scoreboard.</li><li>The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2C (4).</li></ul>
<b>MEET DIRECTOR:</b>	Name: Kathie Callis Email: <a href="mailto:kathycallis447@gmail.com">kathycallis447@gmail.com</a> Phone: (540) 761-9488 & (540) 521-8213
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"><li>Open to all USA Swimming athletes 10 years old and up registered before the first day of the meet.</li><li>All on deck Virginia Swimming athlete registration will be permitted.</li><li>Each swimmer will be eligible to swim the maximum of 3 events</li><li>2017-2020 NAG time standards are in effect. (as appropriate)</li><li>Age on 03/04/2020 (first day of the meet) 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 events will be timed finals.</li><li>Each swimmer needs to provide his own timer for everyone of his events.</li></ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"><li>Warm-ups will start at 4:30pm competition starts at 5:00pm.</li></ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS 03/04/2020</b></p> <ul style="list-style-type: none"><li>Teams submit entries via email, or on deck at least 30 minutes prior to the meet start time</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>"No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li><li>Swimmers may enter a maximum of <b>3 individual event(s)</b></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.</li><li>Email entries to: Amina Serir <a href="mailto:aserir@ccamarlins.com">aserir@ccamarlins.com</a></li><li>Deck entries will be accepted in the order received for all swimmers, to the extent that time permitting. Deck entries must be submitted to the Clerk-of-Course on the provided forms.</li></ul>
<b>FEES:</b>	Individual events: \$8 per event Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) <ul style="list-style-type: none"><li>Checks should be made payable to: CCA Marlins</li><li>Payment must be received by 03/04/2020 prior to the event. Failure to pay entry fees by this deadline could result in athletes not being allowed to race</li></ul>

	<ul style="list-style-type: none"> <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.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• A Clerk of Course will be provided for all events.</li> <li>• Swimmers in the afternoon sessions should report directly to the blocks for their events.</li> <li>• All events will be on deck seeded.</li> <li>• Events will be swum fastest to slowest mixed heats</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• No awards will be provided.</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>• 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, 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>	<ul style="list-style-type: none"> <li>• <b>Meet Referee: Sue Munson</b></li> <li>• <b>Contact : Sue Munson at: <a href="mailto:susamun@cox.net">susamun@cox.net</a> (540) 314 5723</b></li> <li>• <b>Officials will be needed for all positions during this session's meet • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to host team's vice president ,</b></li> <li>• <b>Email: dmclaughlin628@yahoo.com</b></li> <li>• <b>Phone: (540) 420-4638, no later than Tuesday, March 3rd, 2020.</b></li> <li>• <b>Officials will meet at 4:45pm on Wednesday, March 4th, 2020.</b></li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Swimmers will be required to provide timers in each Event.</li> </ul>
<b>GENERAL:</b>	There will be a hospitality provided for coaches and officials.
<b>FACILITY RULES:</b>	<p>FOLLOWING RULES ARE TO BE FOLLOWED DURING THE EVENT ALONG WITH ALL CARTER ATHLETIC CENTER RULES:</p> <ul style="list-style-type: none"> <li>• Drinks are permitted in plastic bottles or covered cups. • Young children must be supervised by an adult.</li> <li>• Observers are to stay in designated areas.</li> <li>• 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.</li> <li>• Only Aquatic Staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Staff Management.</li> </ul> <p>Smoking is NOT permitted.</p> <ul style="list-style-type: none"> <li>• Each facility is not responsible for any lost or stolen items. Make sure someone you know is</li> </ul>

	<p>always present supervising individual/team belongings.</p> <ul style="list-style-type: none"><li>• No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Director.</li><li>• No glass containers of any kind are to be brought into the pool complex.</li><li>• Parking violators will be subject to fines and/or towing as posted.</li><li>• The Aquatic Centers strongly encourages showering prior to entering the pool.</li><li>• All emergency exits, and walkways must remain clear.</li><li>• 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.</li></ul>
<b>DIRECTIONS:</b>	<a href="#">Carter Athletic Center</a>

**MEET TITLE  
ORDER OF EVENTS**

**03/04/2020**

**PM Session  
Warm-up: 4:30pm; Start: 5:00pm**

<b><u>Mixed</u></b>	<b><u>Events</u></b>		
1	50 free		
2	50 Fly		
3	50 Breast		
4	50 back		
5	100 free		
6	100 Fly		
7	100 Breast		
8	100 bk		
9	200 IM		
10	200 free		
11	200 Fly		
12	200 Breast		
13	200 Bk		
14	400 IM		
15	100IM		