

GEORGIA COASTAL AQUATIC TEAM'S "COUNTDOWN TO STATE" MEET

January 26, 2019

Warmup 8:00-9:00am, Meet start 9:00am

Held under the sanction of USA Swimming, issued by Georgia Swimming.

Sanction No.

In granting this sanction it is understood and agreed that USA Swimming, Georgia Swimming Inc., Chatham County Aquatic Center, Georgia Coastal Aquatic Team shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Meet Referee:	Eric Wayner	epwayner@comcast.net
Admin/Clerk of Course:	Patti Van Brunt	gcatmeetentries@gmail.com
Meet Director:	Vicki Shoemaker	
Starter:	John Pastorek	
Safety Marshall:	Steve Seymour	
Stroke & Turn:	Chris Dibkey	
Meet Entries:	Patti Van Brunt	gcatmeetentries@gmail.com

Location: Chatham County Aquatic Center
7240 Sallie Mood Rd, Savannah, GA 31406
912-652-6793

Competition Pool: The CCAC is an indoor facility featuring a 25-yard x 50-meter competition pool with deep flow over gutters, non-turbulent lane lines, and start-end/turn-end depth varying between 7 and 9 feet. For this meet the competition pool will be a single 8-lane x 25 yards pool. Other features include indoor non-competition lanes available for warm-up and warm-down during the meet, spectator seating, generous deck space, locker rooms, electronic score board, and a Colorado timing system.

The CCAC does not allow chairs in front of the spectator bleachers or emergency exits. The competition course has been certified in accordance with 104.2.2C(4) and a copy of such certification is on file with Georgia Swimming and USA Swimming.

Concessions: Will not be available.

Rules:

- * * * Georgia Swimming's Tech Suit Policy * * *

In all Georgia Swimming Sanctioned or Approved competitions, the use of Tech Suits as defined below will NOT be allowed by any 10 & Under athletes (whether competing in age-specific or "Open" events). In addition, the use of Tech Suits will NOT be allowed in any 11 or 12-year-old

events, with exception of meets determined as Championship meets in the LSC including Divisionals, State Championships, and Age Group Sectionals.

Georgia Swimming defines “Tech Suit” as any suit with bonded or meshed seams and/or kinetic tape. The LSC will publish a list of restricted suits, which shall be updated on a monthly basis, as a resource for swimmers, parents and coaches; however, a suit does NOT need to be included on the list in order to be considered a restricted suit. As manufacturers often release new suits throughout the season, coaches and parents are responsible for identifying if a suit is restricted based on the previously stated description. [\[Ctrl+Click here\]](#) to view full policy statement and restricted suit list.

- The current USA Swimming Rules and Regulations will govern the conduct of the meet.
- Deck Pass is acceptable proof of USA Swimming membership
- Positive check-in will be required for all deck-seeded events, which are: 400 IM, 500 free, 1650 free.
- Swimmers will be responsible for swimming in their assigned heats and lanes.
- The Meet Referee may elect to change and/or combine heats and determine the need to do dive-over starts. Every reasonable effort will be made to notify teams of any changes.
- Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.
- Deck Changes (Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than a permanent or temporary locker rooms, bathrooms, changing room or other space designated for changing purposes areas) are prohibited. Swimmers participating in deck changing could be subject to removal from further competition in the meet.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coaches’ areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and /or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations.
- Photos and videos may be taken of swimmers during the meet by parents or a professional photographer retained by the host club. All participants agree to be filmed or photographed by photographers designated by the meet host and to allow the meet host the right to use names, pictures, likenesses, and biographical information before, during, or after the period of participation in Georgia Swimming competitions to promote swimming and meets hosted by the meet organizer. If you do not wish to have your child(ren) photographed, you may withdraw your consent by informing the Meet Director before the start of the first day of the meet.
- Use of audio and visual recording devices, including a cell phone, is not permitted in changing rooms, rest rooms or locker rooms.
- If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine of up to \$100.00 per event against the individual, member coach or member club submitting the entry.

Eligibility: Open to all currently registered 2019 USA Swimming athletes. This meet has no time standards. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine of up to \$100.00 per event against the individual, member coach or member club submitting the entry.

Meet Format: This is a USA Swimming meet. All events will be swum as timed finals. All events will be swum fastest to slowest. Ages and sexes will be mixed. The 400 IM, 500 FREE, 1650 FREE will be deck seeded. Positive check in is required for the 400 IM, 500 FREE, 1650 FREE.

Meet management reserves right to make appropriate adjustments to the meet format to maintain acceptable session durations.

Entry limit: Swimmers will be limited to 4 events. Entries will close upon receipt of the team that puts the total number of entered visiting swimmers over 100. If a team's entries exceed the limit, all entries for that team will be accepted.

Entry Format: Please submit entries electronically in a Hy-Tek compatible format email. Entries must include each swimmer's USA Swimming registration number, first name, last name, middle initial, age, and seed time for each event entered. Errors in entries submitted electronically are the responsibility of the applicant.

Entries should be submitted via e-mail to gcatmeetentries@gmail.com

Entry Fees: The cost per event is \$6.00. Please make check payable to Georgia Coastal Aquatic Team. Submit payment to the Clerk of Course before warmup begins.

Entry Deadline: All entries must be received at the email address below by January 20, 2019.

Late entries: Late entries will be accepted. Additional heats will not be created for late entries.

Scoring & Awards: There will be no scoring or awards.

Coaches: All coaches planning to be on the pool deck will be required to sign in and show their CURRENT USA Swimming coaches registration card. Any coach not having a current (2019) certification will be barred from the pool deck. No exceptions will be made. Copies of the certification, faxes, and letters stating CPR/First Aid/STFSC are up to date will not be considered. Coaches should display their USA Swimming badge while on the pool deck and in hospitality. At least one coach from each team must attend the coaches' meeting.

Coaches Meeting: There will be a coaches' meeting at 8:45am.

Warm-Up: 8 lanes will be provided for warm-up. Georgia Swimming, Inc. approved warm-up guidelines will be followed for this meet. Swimmers may enter the pool only at the start end using feet first entry until the last 20 minutes when one way starts and sprints will be allowed per lane.

Officials: All officials must present their current LSC Officials Certification Card; OR a recently completed Apprentice Form; AND proof of current USA Swimming Non-Athlete membership upon check-in. It is preferred that officials display credentials while on deck and in hospitality. There will be an official's meeting approximately 30 minutes prior to the start of session. Officials should sign in prior to the meeting start time. Deck Pass is an acceptable form of identification.

Order of Events

Event Number	Age Group	Events
1	9 and up	400 IM
2	9 and up	200 Free
3	OPEN	50 Back
4	OPEN	100 Breast
5	OPEN	100 Fly
6	OPEN	50 Free
7	9 and up	200 Back
8	OPEN	100 IM
9	9 and up	200 IM
10	9 and up	200 Fly
11	OPEN	50 Breast
12	OPEN	100 Free
13	OPEN	100 Back
14	OPEN	50 Fly
15	9 and up	200 Breast
10 MINUTE BREAK		
16	9 and up	500 Free
17	9 and up	1650 Free

GCAT's - "Countdown to State" Meet

Team Name: _____ Team abbreviation: _____

Team Address: _____

City: _____ State: _____ Zip: _____

Head Coach: _____

Phone: _____ Cell: _____ Email: _____

All coaches, to be present on deck, must be listed:

1. _____

2. _____

3. _____

4. _____

Total individual events: _____ x \$6.00 = \$ _____

WAIVER, ACKNOWLEDGMENT AND LIABILITY RELEASE

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine of up to \$100.00 per event against the individual, member coach or member club submitting the entry.

I acknowledge that I am familiar with the safety rules of USA Swimming and Georgia Swimming regarding warm-up procedures and that I shall be responsible for the compliance of my swimmers with those rules during this meet.

The Chatham County Aquatic Center, Georgia Coastal Aquatic Team, Georgia Swimming, Inc. and USA Swimming, its agents, employees, and coaches shall be free from liability or claim for damages by reason of injury to anyone during the conduct of the meet.

Signature/Title

Date