
	<p>SOUTHEAST DISTRICT 9-12 CHAMPIONSHIP February 12 - 14, 2021 SANCTION NO. VS-21-125</p>	<p style="text-align: center;">Hosted by</p>  <p style="text-align: center;">Coast Guard Blue Dolphins</p>
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We have taken enhanced health and safety measures for all attending this event however we cannot guarantee you that you will not become infected with COVID-19. You must follow all posted instructions while visiting the Brittingham-Midtown Aquatic Center. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. By attending this meet, you acknowledge the contagious nature of COVID-19 and voluntarily assume all risks related to exposure to COVID-19.

<p>SANCTION:</p>	<ul style="list-style-type: none"> • Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-21-125 • USA Swimming, Inc., Virginia Swimming, Inc., Coast Guard Blue Dolphin Swim Team and Brittingham-Midtown 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. • USA Swimming, Inc., Virginia Swimming, Inc., Coast Guard Blue Dolphins Swim Team and Brittingham-Midtown Aquatic Center cannot prevent you (or your children) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming/Virginia Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Virginia Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. • BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND VIRGINIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN, OR UNFORESEEN, IN CONNECTION THEREWITH.
<p>LOCATION:</p>	<p>Brittingham-Midtown Aquatic Center, 570 McLawhorne Drive, Newport News, Va, 23601. Phone: (757) 591-4573</p>
<p>FACILITY:</p>	<ul style="list-style-type: none"> • 8-lane, 50-meter indoor pool 4-14 feet in depth; overflow gutters; non-turbulent lane markers; Colorado Timing System. <ul style="list-style-type: none"> • Configured for 8-lane 25 yard 6-14 feet in depth for the competition portion of the pool swimming from the deep end of the pool into a bulkhead • 6 continuous warm-up / cool down lanes (4-6 feet in depth) in the non competition portion of the pool. 17 lanes will be used during warm-ups before each session. • The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).

	<ul style="list-style-type: none"> In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be video-streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming. 	
MEET DIRECTOR:	Name: Joe Kimbel Email: cgbdmeetdirector@gmail.com Phone: (757) 876-9082	Name: Dave Henderson Email: coachdaveh@cgbdswim.org Phone: (757) 897-6127
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all Virginia Swimming registered athletes 9 - 12 years old by the first day of the meet in the Southeast District which includes: 757, CGBD, CVAC, ECAT, ODAC, TIDE and WAC 8 & U Virginia Swimming registered athletes in the Southeast District may enter the 10 & U 500 Free. Unattached athletes in the same geographical district are also eligible to attend. No on deck Virginia Swimming athlete registration will be permitted. The qualifying period for this meet is January 1, 2019 through February 11, 2021 Athletes may compete in any individual event in which they do NOT have a VSI Age Group Championship qualifying time. 10 and 12 Year-old swimmers aging up from February 12 to March 11, 2021 with times too fast to qualify for this championship will be allowed to compete in an event at this meet under the following conditions: <ul style="list-style-type: none"> The swimmer does not qualify for the event in his/her new age group at Age Group Champs. The swimmer will be seeded correctly by time but will swim Exhibition only and will not be eligible to receive an award or score points for their team. Age on February 12, 2021 will determine age for the entire meet. 	
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> Athletes with a disability are welcome 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"> All events will be swum as timed finals. In order to accommodate the most athletes, 2 sessions will be held on Friday and 4 sessions will be held on Saturday and Sunday, by specific age group. No relays will be swum. 	
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, FEBRUARY 4, 2021</p> <ul style="list-style-type: none"> Entries must be submitted in Short Course Yard times using Commlink-2 software. Team submit entries via email. A printout of entries must be included with the name, email address, and phone number of the person to contact in case of questions must accompany, regardless of how they are submitted. "No Time" entries will be accepted for individual events. Coaches Times (CT) are not allowed. All entry times must have been achieved in a sanctioned, approved or observed meet. Swimmers may enter a maximum of 8 individual events for the meet, no more than 3 per day. The Meet Director reserves the right to combine heats and events, which may require reseeding. Email entries to: Dave Henderson (coachdaveh@cgbdswim.org) Late entries will be accepted. If received prior to the printing of the heat sheet, the swimmer will be seeded into the event; if after, he/she will go in the slowest heat in an empty lane. If needed, a heat will be added. 	
FEES:	<p>Individual Events: \$10.00.</p> <p>Swimmer Fee: \$2.50 per person</p> <p>COVID Facility Management Fee: \$3.00 per person</p>	

	<p>Late Fees: In addition to the regular entry fee, a fee of \$10 per event prior to the first day of the meet and \$25 per event on or after the first day of the meet will be charged for any entry received after the entry deadline.</p> <ul style="list-style-type: none"> • Checks should be made payable to: CGBD • Mail payment to: CGBD Team Office 607 Lotz Drive Yorktown, Va. 23692 • Payment must be received by Tuesday, February 9, 2021 for all entries. Failure to pay entry fees by this deadline will result in teams being barred from the meet. Swimmers will be permitted to enter the meet as unattached providing they pay the appropriate entry fees. • IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure the signature is NOT required for delivery.
<p>WARM-UP:</p>	<ul style="list-style-type: none"> • ALL TIMES ARE APPROXIMATE • Friday Afternoon Sessions: <ul style="list-style-type: none"> • Girls Session Warm-up: 1:55 - 3:05 pm. Meets starts: 3:15 pm • Boys Session Warm-up: 5:35 - 6:15 pm. Meets starts: 6:25 pm • Saturday Sessions: <ul style="list-style-type: none"> • 11 - 12 Girls Session Warm-up: 6:55 - 8:05 am. Meet starts: 8:15 am • 11 - 12 Boys Session Warm-up: 10:10 - 11:20 am. Meet starts: 11:30 am • 9 - 10 Girls Session Warm-up: 1:25 - 2:25 pm. Meet starts: 2:35 pm • 9 - 10 Boys Session Warm-up: 4:10 - 5:05 pm. Meet starts: 5:15 pm • Sunday Sessions: <ul style="list-style-type: none"> • 11 - 12 Girls Session Warm-up: 6:55 - 8:05 am. Meet starts: 8:15 am • 11 - 12 Boys Session Warm-up: 10:10 - 11:20 am. Meet starts: 11:30 am • 9 - 10 Girls Session Warm-up: 12:55 - 1:55 pm. Meet starts: 2:05 pm • 9 - 10 Boys Session Warm-up: 2:55 - 3:50 pm. Meet starts: 4:00 pm • Times will be finalized after the entry deadline. • Session start times, warm-up times and lane assignments will be posted on the CGBD web site no later than Monday, Feb. 8, 2021 and will also be emailed to the contact person of the participating clubs. • If any session runs late, warm-up for the next session will begin immediately after the present session ends.
<p>SEEDING:</p>	<ul style="list-style-type: none"> • All events will be pre-seeded. • Coaches will be asked to submit scratches for the 500 Free and 400 IM. If sufficient scratches are received, the meet referee reserves the right to re-seed those events. • All events will be swum slowest to fastest.
<p>AWARDS:</p>	<ul style="list-style-type: none"> • Individual events will be scored and awarded medals for first through third place, and ribbons for fourth through sixteenth place. • The 10 & Under 500 Free will be awarded and scored separately for 8 & Unders and 9 - 10 age groups. • Team awards will be given. Total team points will be combined with scores from 8 & Under District Championships. Teams placing first through third will receive a plaque. • Scoring will be as follows: • Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 • All events will be scored to 16 places.
<p>PENALTIES:</p>	<ul style="list-style-type: none"> • 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"> • Entries using fraudulent or non-verifiable times. • Athlete competed in the incorrect age group. • Athlete is not registered with USA Swimming prior to the first day of the meet. • 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. • Any event in which an athlete participated illegally will be re-scored and re-awarded.

<p>COVID RULES:</p>	<ul style="list-style-type: none"> • Athletes must arrive in their suits. Locker rooms will not be available for changing. • Swimmers must remain outside the building/Pavilion when not warming up or competing. • During competition, coaches must sit in the bleacher seating area on either side of the pool using social distancing. • No spectators will be allowed on the pool deck or in the Pavilion. Restrooms will be available in the front of the building using the front entrance. Anyone entering the building MUST wear a face mask. • Spectators will be able to view each heat using FACEBOOK Live. • Only Swimmers, Officials, Coaches and Meet Volunteers will use the Pavilion as their entrance and exit. • Locker rooms will be available for athlete restroom use only. On deck family restrooms are for officials and coaches only. • All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening. • Mask Use: <ul style="list-style-type: none"> • Swimmers MUST wear a face mask at all locations in the building except when warming up, warming down and competing. • Officials, Coaches and Meet Volunteer Staff MUST wear a face mask at all locations in the building.
<p>RULES:</p>	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Protection Policy will govern this meet. • 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. • 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. • 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. • 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>. • 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. • Any 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. • 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.
<p>OFFICIALS:</p>	<p>Meet Referee: Genny Kimbel Email: gennykimbel@gmail.com Phone: (757) 876-9134</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Training for Officials will be offered in accordance with Training Guidelines and Initial Certification Virginia Swimming Officials Handbook.

	<ul style="list-style-type: none"> • Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Genny Kimbel via email at gennykimbel@gmail.com no later than Tuesday, February 9, 2021 • Officials meetings will be held in the Pavilion, socially distanced, one hour prior to the start of the meet • If needed, a General meeting for coaches and key officials will be held in the Pavilion area 30 minutes prior to the start of the meet.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Swimmers must supply their own lap counters for the 500 Free. CGBD Swim Team volunteers will handle all timing assignments for the Friday sessions. • Clubs may be required to provide timers in proportion to the number of swimmers they have entered in each session. • The number of timers required per club and their lane assignments will be posted on the CGBD web site no later than Monday, February 8, 2021 and will also be emailed to the contact person for each of the individual clubs. • The timers will meet, socially distanced, 20 minutes prior to the start of each session in the Pavilion.. • All timers and lap counters must wear a face mask.
GENERAL:	<ul style="list-style-type: none"> • Deck Access: Access to the pool deck/building/Pavilion will be strictly controlled. Swimmers (during their warm-ups, pre-race staging & competing) coaches, officials and event staff ONLY will be permitted access during warm-ups and competition. Spectators must remain outside the Community/Aquatic Center. • Heat Sheets: Heat Sheets will be made available to everyone on the Meet Mobile app and will be posted on the CGBD website in a pdf format that can be viewed or printed. • Results: The meet results will be available on Meet Mobile, posted to the CGBD website and will be posted to the Virginia Swimming website after the conclusion of the meet. • Snack Bar: There will be no concession provided. • Swim Supplies: No Swim Shop will be open during the meet. • First Aid: There is a First Aid room on the pool deck and will be staffed by facility lifeguards. If assistance is needed anywhere off of the pool deck, see a Meet Marshall or Facility Staff Member. • Lost and Found: There will be no lost and found. • Hospitality: A Grab & Go hospitality will be provided. Bottled water will be available for coaches, officials and volunteers on the pool deck in coolers near the Administration table.
FACILITY RULES:	<ul style="list-style-type: none"> • Park only in designated (marked) parking spots. Parents must park in the main lots. The Staff parking lot on the pool side of the building is off limits. Overflow parking is available at Hines Middle School (next door) • Parents are responsible for the conduct of their athletes. • No glass, food, chewing gum, or open drinks allowed in the pool area. Drinks in closed containers (e.g. sports bottles with screw-on tops, plastic bottles with screw-on tops) are acceptable. • No coolers in the pool area. They are allowed in the Gym/Pavilion. • No personal chairs in the pool and Pavilion areas. • No parents will be allowed in the facility unless they are part of the volunteer meet staff.

	<ul style="list-style-type: none"> Swimmers must remain outside of the building/Pavilion unless they are in pre-race staging, competing or post-race warm-down. No shaving anywhere in the venue. No running or horseplay in the facility. Shoes/sandals must be worn by all in/around the recreation center, except for the pool area. The Aquatic Center will be closed during electrical storms. NO SMOKING in the Aquatic Center (pool area) or the rest of the building.
DIRECTIONS:	From the north/south, follow I-64 to Exit 258 A, J Clyde Morris Boulevard. Take J. Clyde Morris Boulevard to Jefferson Avenue. Turn Left and go approximately 2.5 miles to McLawhorne Drive. Turn right at the light. Pool is on the left.

Order of Events

2021 Southeast District Champs (9-12 Swimmers)
February 12-14, 2021

Friday, February 12, 2021			
Session #1: 9-12 Girls Warm-up: 1:55-3:05 PM; Start: 3:15 PM		Session #2: 9-12 Boys Warm-up: 5:35-6:15 PM; Start: 6:25 PM	
Girls	Events	Events	Boys
1	9-10 200 yard Medley	9-10 200 yard Medley	5
2	11-12 400 yard Medley	11-12 400 yard Medley	6
3	10&U 500 yard Freestyle	10&U 500 yard Freestyle	7
4	11-12 500 yard Freestyle	11-12 500 yard Freestyle	8
Saturday, February 13, 2021			
Session #3: 11-12 Girls Warm-up: 6:55-8:05 AM; Start: 8:15 PM		Session #4: 11-12 Boys Warm-up: 10:10-11:20 AM; Start: 11:30 AM	
Girls	Events	Events	Boys
9	11-12 100 yard Freestyle	11-12 100 yard Freestyle	16
10	11-12 50 yard Freestyle	11-12 50 yard Butterfly	17
11	11-12 200 yard Breaststroke	11-12 200 yard Breaststroke	18
12	11-12 100 yard Backstroke	11-12 100 yard Backstroke	19
13	11-12 200 yard Medley	11-12 200 yard Medley	20
14	11-12 50 yard Breaststroke	11-12 50 yard Breaststroke	21
15	11-12 200 yard Butterfly	11-12 200 yard Butterfly	22
Session #5: 9-10 Girls Warm-up: 1:25-2:25 PM; Start: 2:35 PM		Session #6: 9-10 Boys Warm-up: 4:10-5:05 PM; Start: 5:15 PM	
Girls	Events	Events	Boys
23	9-10 100 yard Freestyle	9-10 100 yard Freestyle	28
24	9-10 50 yard Butterfly	9-10 50 yard Butterfly	29
25	9-10 100 yard Backstroke	9-10 100 yard Backstroke	30
26	9-10 50 yard Breaststroke	9-10 50 yard Breaststroke	31
27	9-10 100 yard Medley	9-10 100 yard Medley	32

Sunday, February 14, 2021

Session #7: 11-12 Girls Warm-up: 6:55-8:05 AM; Start: 8:15 AM				Session #8: 11-12 Boys Warm-up: 10:10-11:20 AM; Start: 11:30 AM			
Girls	Events			Boys	Events		
33	11-12 200 yard Freestyle			40	11-12 200 yard Freestyle		
34	11-12 50 yard Backstroke			41	11-12 50 yard Backstroke		
35	11-12 100 yard Butterfly			42	11-12 100 yard Butterfly		
36	11-12 100 yard Medley			43	11-12 100 yard Medley		
37	11-12 50 yard Freestyle			44	11-12 50 yard Freestyle		
38	11-12 100 yard Breaststroke			45	11-12 100 yard Breaststroke		
39	11-12 200 yard Backstroke			46	11-12 200 yard Backstroke		
Session #9: 9-10 Girls Warm-up: 12:55-1:55 PM; Start: 2:05 PM				Session #10: 9-10 Boys Warm-up: 2:55-3:50 PM; Start: 4:00 PM			
Girls	Events			Boys	Events		
47	9-10 200 yard Freestyle			52	9-10 200 yard Freestyle		
48	9-10 50 yard Backstroke			53	9-10 50 yard Backstroke		
49	9-10 100 yard Butterfly			54	9-10 100 yard Butterfly		
50	9-10 50 yard Freestyle			55	9-10 50 yard Freestyle		
51	9-10 100 yard Breaststroke			56	9-10 100 yard Breaststroke		