

	<p><b>CGBD SEASON KICKOFF</b>  <b>Intrasquad Meet</b>  <b>November 22, 2020</b>  <b>SANCTION NO. VS-21-73</b></p>	<p>Hosted by</p>  <p>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.*

<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-21-73</b></li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., Coast Guard Blue Dolphins 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.</li> <li>• 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 of Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.</li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., and Coast Guard Blue Dolphins Swim Team 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.</li> <li>• 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.</li> </ul>
<b>LOCATION:</b>	Brittingham-Midtown Aquatic Center, 570 McLawhorne Drive, Newport News, Va, 23601. Phone: (757) 591-4573
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• 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"> <li>○ 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</li> <li>○ 6 continuous warm-up / cool down lanes (4-6 feet in depth) in the none competition portion of the pool</li> </ul> </li> <li>• The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).</li> <li>• 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.</li> </ul>

<b>MEET DIRECTOR:</b>	Name: Joe Kimbel Email: <a href="mailto:cgbdmeetdirector@gmail.com">cgbdmeetdirector@gmail.com</a> Phone: (757) 876-9082	Name: Dave Henderson Email: <a href="mailto:coachdaveh@cgbdswim.org">coachdaveh@cgbdswim.org</a> Phone: (757) 897-6127
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to all athletes who are members of the CGBD Swim Team and have been registered with USA Swimming before the first day of the meet.</li> <li>No on-deck USA Swimming athlete registration will be permitted</li> <li>2021-2024 NAG time standards are in effect</li> <li>Age on November 22, 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 15 &amp; Older swimmers will compete in session #1.</li> <li>All 13-14 swimmers will compete in session #2.</li> <li>All 11-12 swimmers will compete in session #3.</li> <li>All 10 &amp; Under swimmers will compete in session #4.</li> <li>All events will be timed finals.</li> </ul>	
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li><b>Session #1:</b> Warm-ups start at 8:00 am; competition starts at 8:40 am.</li> <li><b>Session #2:</b> Warm-ups start not before 10:30 am; competition starts not before 11:05 am.</li> <li><b>Session #3:</b> Warm-ups start not before 1:00 pm; competition starts not before 1:30 pm.</li> <li><b>Session #4:</b> Warm-ups start not before 3:20 pm; competition starts not before 3:50 pm.</li> <li>Following each session, the deck will be cleared, and 15 minutes will be allowed to clean and prep for the next session.</li> <li>Session start times may be adjusted after final seeding takes place.</li> </ul>	
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS THURSDAY, NOVEMBER 19TH.</b></p> <ul style="list-style-type: none"> <li>Swimmers may enter a maximum of 4 <i>individual event(s)</i>.</li> <li><b>No deck entries will be accepted.</b></li> </ul>	
<b>FEES:</b>	Individual events: \$6.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)	
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>A series of four (4) staging area will be used at different locations in the building and pool deck. Each heat will have a CGBD Coach assigned to it that will direct swimmers from one area to the next while maintaining social distancing.</li> <li>All events will be pre-seeded.</li> <li>All events will be swum slowest to fastest.</li> </ul>	
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>No post meet awards will be given to the swimmers.</li> <li>Heat winner awards will be given.</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 re-scored and re-awarded.</li> </ul>	
<b>COVID RULES</b>	<ul style="list-style-type: none"> <li><b>Athletes should arrive in their suits. Locker rooms will not be available for changing. Locker rooms will be available for athlete restroom use only.</b></li> <li><b>Swimmer seating will be available in the Pavilion using social distancing.</b></li> <li><b>No parents will be allowed in the facility unless they are part of the Meet Volunteer Staff.</b></li> </ul>	

	<ul style="list-style-type: none"> <li>• <b>On deck family restrooms are for officials and coaches only. Restrooms in the main hallway of the building will be available.</b></li> <li>• <b>All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening.</b></li> <li>• <b>Mask Use:</b> <ul style="list-style-type: none"> <li>○ <b>Coaches, Officials, and Spectators MUST wear masks.</b></li> <li>○ <b>Swimmers 5 years old and older MUST wear mask and it is strongly recommended for younger ages. Swimmers will take masks off when they get behind the starting blocks preparing to compete and must be put back on after completion of their event.</b></li> <li>○ <b>Swimmers 10 years old and younger are not required to wear masks but are encouraged to do so when they are not being staged to compete and after finishing their event.</b></li> <li>○ <b>Crates will be provided for swimmers getting ready to swim for their belongings. When the swimmers remove their mask they are to place on top of their things in the crate, ready for use at the end of their swim.</b></li> </ul> </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 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>• 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>• 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: Genny Kimbel</b>  <b>Email: <a href="mailto:gennykimbel@gmail.com">gennykimbel@gmail.com</a></b>  <b>Phone: (757) 876-9134</b></p> <ul style="list-style-type: none"> <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 <b>Genny Kimbel via email at <a href="mailto:gennykimbel@gmail.com">gennykimbel@gmail.com</a></b> no later than November 18, 2020</li> <li>• A short Officials meeting will take place during the warm-up time of each session.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• CGBD Swim Team volunteers will handle all timing for the meet.</li> <li>• Timer lane assignments will be announced during the timers meeting – one (1) timer will be required per lane.</li> <li>• The timers will meet 20 minutes prior to the start of each session and will be held in area between the two glass door entrances behind the diving board end of the pool.</li> <li>• All timers must wear a face mask.</li> </ul>

<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• <b>Deck Access:</b> Access to the pool deck will be strictly controlled. Swimmers (during their warm-ups, pre-race staging &amp; competing) coaches, officials and event staff ONLY will be permitted access to the deck during warm-ups and competition. Spectators must remain outside the Aquatic Center part of the building.</li> <li>• <b>Seating Areas:</b> Social Distance spacing of 10 feet apart must be maintained in the Pavilion. Personal chairs can be used. No blankets can be spread out in any area.</li> <li>• <b>Programs:</b> The meet program will be made available to families on the Meet Mobile app and will be posted on the CGBD website.</li> <li>• <b>Results:</b> 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.</li> <li>• <b>Snack Bar:</b> There will be no concession provided.</li> <li>• <b>Swim Supplies:</b> No Swim Shop will be open during the meet.</li> <li>• <b>First Aid:</b> There is a First Aid room on the pool deck and will be staffed by facility lifeguards. If assistance is needed anywhere off the pool deck, see a Meet Marshall or Facility Staff Member.</li> <li>• <b>Lost and Found:</b> There will be no lost and found.</li> <li>• <b>Hospitality:</b> There will be no hospitality. Bottled water will be available for coaches, officials and volunteers on the pool deck in coolers near the Administration table and near the coaches.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• 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)</li> <li>• Parents are responsible for the conduct of their athletes.</li> <li>• 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.</li> <li>• No coolers in the pool area. They are allowed in the Gym/Pavilion.</li> <li>• No personal chairs in the pool area. Personal chairs are allowed in the Pavilion using social distancing.</li> <li>• No parents will be allowed in the facility unless they are part of the volunteer meet staff. Swimmers must remain in the Pavilion unless they are in pre-race staging, competing or post-race warm-down.</li> <li>• No shaving anywhere in the venue.</li> <li>• No running or horseplay in the facility.</li> <li>• Shoes/sandals must be worn by all in/around the recreation center, except for the pool area.</li> <li>• Clean up your area when you leave after each session. Trash cans and recycle bins are located throughout the facility.</li> <li>• The Aquatic Center will be closed during electrical storms.</li> <li>• NO SMOKING in the Aquatic Center (pool area) or the rest of the building.</li> </ul>
<b>DIRECTIONS:</b>	<p>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.</p>

# CGBD Inter-Squad Meet

## Order of Events

Session #1: 15 & Older Swimmers Warm-up: 8:00-8:30 am; Start: 8:40 am <small>Times are approximate</small>			Session #2: 13-14 Year Old Swimmers Warm-up: 10:30-10:55 am; Start: 11:05 am <small>Times are approximate</small>		
Girls	Events	Boys	Girls	Events	Boys
1	200 Freestyle (15 & Older)	2	13	200 Freestyle (13-14 Year Olds)	14
3	100 Backstroke (15 & Older)	4	15	100 Backstroke (13-14 Year Olds)	16
5	100 Butterfly (15 & Older)	6	17	100 Butterfly (13-14 Year Olds)	18
7	100 Freestyle (15 & Older)	8	19	100 Freestyle (13-14 Year Olds)	20
9	100 Breaststroke (15 & Older)	10	21	100 Breaststroke (13-14 Year Olds)	22
11	200 Individual Medley (15 & Older)	12	23	200 Individual Medley (13-14 Year Olds)	24
Session #3: 11-12 Year Old Swimmers Warm-up: 1:00-1:20 pm; Start: 1:30 pm <small>Times are approximate</small>			Session #4: 10 & Under Swimmers Warm-up: 3:20-3:40 pm; Start: 3:50 pm <small>Times are approximate</small>		
Girls	Events	Boys	Girls	Events	Boys
25	100 Freestyle (11-12 Year Olds)	26	35	50 Freestyle (10 & Under)	36
27	100 Breaststroke (11-12 Year Olds)	28	37	25 Freestyle (8 & Under)	38
29	100 Butterfly (11-12 Year Olds)	30	39	50 Breaststroke (10 & Under)	40
31	100 Backstroke (11-12 Year Olds)	32	41	25 Breaststroke (8 & Under)	42
33	100 Individual Medley (11-12 Year Olds)	34	43	50 Backstroke (10 & Under)	44
			45	25 Backstroke (8 & Under)	46
			47	50 Butterfly (10 & Under)	48
			49	25 Butterfly (8 & Under)	50
			51	100 Individual Medley (10 & Under)	52