



**GATR Invitational
January 30-31st
SANCTION NO. VS-21-118**



We have taken enhanced health and safety measures for all attending this event. However, we cannot guarantee that you will not become infected with COVID-19. You must follow all posted instructions while visiting Virginia Gators. 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 of COVID-19.

SANCTION:	<ul style="list-style-type: none">● Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-21-118● USA Swimming, Inc., Virginia Swimming, Inc., Virginia Gators, Roanoke Valley Swimming, Inc. and the Gator 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.● 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.● USA Swimming, Inc., Virginia Swimming, Inc., Virginia Gators and Roanoke Valley Swimming, Inc. cannot prevent you (or your children) from becoming exposed to, contracting or spreading COVID-19 while participating in USA Swimming/Virginia Swimming sanctioned events. 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, VIRGINIA SWIMMING, VIRGINIA GATORS 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.
LOCATION:	Gator Aquatic Center, 1130 Overland Road, Roanoke, VA 24015, (540) 982-7665

FACILITY:	<ul style="list-style-type: none">● 25 yard indoor pool, 8 lanes, 5 feet deep at the start and turn end and 6 feet deep in the middle of the pool. Equipped with Non-turbulent lane lines. Daktronics Timing System.● The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4).● In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet will 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: Doug Fonder Alex Rayle Email: dougfonder@gmail.com alexrayle1@gmail.co Phone: (540) 397-0505 434-327-7331
ELIGIBILITY:	<ul style="list-style-type: none">● Open to all Virginia Gator and H2Okie swimmers that are registered members Virginia Swimming prior to the first day of the meet.● No on-deck USA Swimming athlete registration will be permitted.● 2021-2024 NAG motivational time standards are in effect.● Age as of January 30th 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">● 12 and under swimmers will swim in the morning session on Saturday.● All events for the 12 and under session will be <u>mixed</u>.● 13 and over swimmers will swim in the afternoon session on Saturday.● There will be an Open session on Sunday morning. The open session will remain under the 4 hour limit if there are 12&U swimmers entered in the session.● All events will be timed finals.● There will be a break of up to 15 minutes after event numbers 9 (12 & U 100 IM, 20 (13 & O 100 fly), and 34 (13 & O 400 IM)● Sessions may be divided into two if the entries exceed the facility limit of 64. The Meet Director and the Meet Referee will make the final decision on how the sessions will be divided after the entry file is received.
WARM-UP:	<ul style="list-style-type: none">● Each session warm-up period will be for 25 minutes● Depending on the number of participants, warm-ups may be divided into two warm-up periods for each session <p>Session 1: Warm-ups will not begin before 9:00 AM on Saturday AM Session 2: Warm-ups will not begin before 12:00 PM on Saturday Afternoon Session 3: Warm-ups will not begin before 9:00 AM on Sunday AM</p> <ul style="list-style-type: none">● Lane assignments and warm-up times will be posted on the Virginia Gator website and will be emailed to the contact person of the participating Team by Sunday, January 24th.

	<ul style="list-style-type: none"> Depending on the number of entries, the Meet Director reserves the right to change the start time and format of warm-ups. All coaches of the participating teams will be notified no later than Sunday, January 24th.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS SATURDAY, January 23, 2020</p> <ul style="list-style-type: none"> Swimmers may enter a maximum of 4 individual events per session. Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit and current guidelines as mandated by the Commonwealth of Virginia. Entries must be submitted in short course yard times using Commlink-2 software. Teams submit entries via email. 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. Coach Time (CT) and “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. <u>CT must be slower than an “A” time</u>. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition NO DECK ENTRIES WILL BE ACCEPTED. Deck entries for athletes already entered in the meet will be accepted if open lanes are available without reseeding the event. No heats will be added. Email entries to: Erik Nylander, eriknylander@gmail.com
FEES:	<p>Entry Fee: \$20 per day Checks made payable to: <u>Virginia Gators</u></p>
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded. Clerk of Course will be used for all swimmers for all sessions to ensure extra safety precautions.
AWARDS:	No awards will be given.
PENALTIES:	<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 rescored and re-awarded.
COVID-19 Safety Rules	<ul style="list-style-type: none"> Athletes should arrive in their suits. Locker rooms will not be available for changing. All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening.

- Coaches, officials, and volunteers must wear masks.
- Virginia Swimming Meet Safety Procedures will be in effect.
- COVID-19 SYMPTOMS OR EXPOSURE: All participants in this event certify that they have no known exposure to COVID-19 within 14 days or are exhibiting symptoms of COVID-19, including but not limited to a fever, cough, shortness of breath, chills or loss of taste/smell. This is pursuant with current Gator practice policies. Parents will also be reminded of these policies via email in the week leading up to the event.

SPECTATORS:

- There will be no spectators on the pool deck at this meet.
- There will be a livestream of the meet on the Virginia Gator facebook page

MASK POLICY:

- All parents, volunteers, coaches, and officials are required to wear a facemask at all times while inside the facility to comply with COVID-19 guidelines.
- Swimmers will be required to wear a mask inside the facility at all times including when using restrooms. The only time swimmers will not wear a mask is when warming up or racing. There will be a safe place to store masks behind each block during each race. Additional disposable masks will be provided at each lane if needed.

BULLPEN AND STAGING AREA:

- Swimmers will stage for their event on the inside of the building in the left corner by Lane 1. One heat at a time will stage ~~at a time~~ inside.
- Swimmers in the pool will finish their race, exit the pool, put their mask on and then proceed in the direction of lane 8.
- Once the swimmers have cleared from behind the blocks, swimmers in the staging area will proceed from the staging area to hang their mask on a hook behind the block and then go behind the blocks.
- Following their race, swimmers will exit the pool, immediately put back on their mask, and return to their assigned seat in their assigned team area.

LOCKER ROOMS AND RESTROOMS:

- Locker room access will be restricted to restroom use only.
- Swimmers should arrive at the facility in their suits.
- One person per toilet will be allowed in the locker room/restrooms at a time.
- Coach, official and volunteer restrooms will be separate from swimmer restrooms.

RULES:

- 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.
- 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

	<p>without written USA Swimming approval.</p> <ul style="list-style-type: none"> Any swimmer entered in the meet must be certified by a USAS 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, the swimmer or the swimmer's legal guardian must ensure compliance with this requirement. 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. In accordance with VSI best practices, all swimmers should shower before coming to the pool.
	<ul style="list-style-type: none"> 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.
OFFICIALS:	<p>Meet Referee: Saturday: Steve Woolfolk woolfolks@aol.com Sunday: Shelley Sykes shelleysykes2@gmail.com</p> <ul style="list-style-type: none"> Officials will be needed for referee, starter and stroke and turn for this 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 Cindy Hunter, cinbry@aol.com no later than January 23rd. Officials meeting will be held outside the building entrance 15 minutes prior to the meet start.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TEAM SEATING:	When not competing, swimmers should remain in their assigned team area. Swimmers must practice social distancing at all times while in the team area.

ORDER OF EVENTS

Saturday Session 1: 12 and unders

1. Mixed 12 and under 100 Free
2. Mixed 12 and Under 50 Breast
3. Mixed 12 and Under 100 Fly
4. Mixed 12 and Under 50 Back
5. Mixed 12 and Under 100 Breast
6. Mixed 12 and Under 50 Fly
7. Mixed 12 and Under 100 Back
8. Mixed 12 and Under 50 Free
9. Mixed 12 and Under 100 IM
Break
10. Mixed 12 and Under 500 free

Saturday Session 2: 13 and overs

11. 13 and over Girls 200 IM
12. 13 and over Boys 200 IM
13. 13 and over Girls 100 Free
14. 13 and over Boys 100 Free
15. 13 and over Girls 100 Breast
16. 13 and over Boys 100 Breast
17. 13 and over Girls 100 Back
18. 13 and over Boys 100 Back
19. 13 and over Girls 100 Fly
20. 13 and over Boys 100 Fly
Break
21. 13 and over Girls 500 free
22. 13 and over Boys 500 free
23. 13 and over Girls 1000 free
24. 13 and over Boys 1000 free

Sunday Session 3: Open session

1. Girls Open 200 Free
2. Boys Open 200 Free
3. Girls Open 200 Breast
4. Boys Open 200 Breast
5. Girls Open 200 Back
6. Boys Open 200 Back
7. Girls Open 200 Fly
8. Boys Open 200 Fly
9. Girls Open 50 Free
10. Boys Open 50 Free
Break
11. Girls Open 400 IM
12. Boys Open 400 IM