



**GATR Winter Invitational
 A/BB/B/C Mini Meet
 December 19-20th
 SANCTION NO. and Time Trial Sanction NO.**



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.

<p>SANCTION:</p>	<ul style="list-style-type: none"> ● Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: 21- 90. ● USA Swimming, Inc., Virginia Swimming, Inc. Virginia Gators, and the Onishi-Davenport Aquatic Canter-Hargrave Military Academy, 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 Onishi-Davenport Aquatic Canter-Hargrave Military Academy, cannot prevent you (or your children) from becoming exposed to, contracting or spreading COVID19 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.
<p>LOCATION:</p>	<p>Onishi-Davenport Aquatic Center-Hargrave Military Academy, 200 Military Drive, Chatham, VA 24531 (434) 432-2681</p>
<p>FACILITY:</p>	<ul style="list-style-type: none"> ● Indoor 50m, 8 lane pool x 25y, 22 lanes with Competitor lane lines. Only 10 lanes will be used for meet competition and may be reduced to 8 based on the final timeline and number of stroke and turn officials available to work each session. Colorado automatic Timing System with scoreboard. The 25 yard competition course is 16 feet deep at the start and turn end.

	<ul style="list-style-type: none"> ● The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). A copy of the certification is on file with USA Swimming. ● 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:	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> Alex Rayle alexrayle1@gmail.com 434-327-7331 </td> <td style="width: 50%; border: none;"> Meghan Welsch meghan.welsch@gmail.com 434-466-8338 </td> </tr> </table>	Alex Rayle alexrayle1@gmail.com 434-327-7331	Meghan Welsch meghan.welsch@gmail.com 434-466-8338
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ELIGIBILITY:	<ul style="list-style-type: none"> ● Open to all Virginia Swimming athletes registered before the first day of the meet. ● Others wishing to participate in the meet may be eligible based on the meet director's approval ● No on-deck USA Swimming athlete registration will be permitted. ● 2021-2024 NAG standards are in effect. ● Age on December 19, 2020 will determine age for the entire meet. 		
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> ● Athletes with a disability are welcome and shall provide advanced 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 13 and older swimmers will swim in the morning session on Saturday and Sunday ● All 12 and under swimmers will swim in the afternoon session on Saturday and Sunday ● All 13 and over swimmers may also swim in the afternoon Time Trial session on Saturday and Sunday. The time trial session will be run during the 12 and under afternoon session on both Saturday and Sunday. ● All events will be timed finals. ● There will be breaks during the 13 and over sessions after events #2, #6, #10, #40, #44, and #48. There will be breaks during the 12 and under session after events #36 and #76. Each break will be no longer than 15 minutes and will be finalized after the final entries for the meet are received. ● There will be a timeline created by the Administrative Official which will be agreed to by the Meet Referee and Meet Director. 		
WARM-UP:	<ul style="list-style-type: none"> ● Morning and afternoon warm-up sessions are 30 minutes. ● Warm-up start times will be: <ul style="list-style-type: none"> ● 13 and overs (Saturday/Sunday): 8:45-9:45 AM ● 12 and unders and 13 and over time trials(Saturday/Sunday): 3:15-3:45 PM ● 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 teams by Sunday, December 13th. ● If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends followed by a 30-minute cleaning break. ● Depending on the number of entries, the Meet Director reserves the right to change the start time and format of warm-ups. All coaches will be notified no later than Sunday, December 13, 2020. 		

<p>ENTRIES:</p>	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Friday, December 11 , 2020.</p> <ul style="list-style-type: none"> ● 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. ● 13 and over athletes may enter a maximum of 4 events per session, and 6 events each day including the time trial session ● 12 and under athletes may enter a maximum of 4 events per session ● <i>Please note that if your swimmer would like to swim in the time trial session each evening, that event will count towards the swimmers total events for the day.</i> ● Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit or the limits as mandated by current Commonwealth of Virginia guidelines. ● Email entries to: Erik Nylander, eriknylander@gmail.com ● Deck entries will be accepted in the order received for swimmers already entered in the meet, to the extent that open lanes are available. No additional heats will be added. Deck entries must be submitted to the Administrative Official on the provided forms.
<p>TIME TRIALS</p>	<ul style="list-style-type: none"> ● During the 12 and under afternoon session, time trials will be offered to any 13 and over swimmer entered in an individual event in the meet. <ul style="list-style-type: none"> ● Times Trials will begin at 4:00 PM each day and will coincide with the 12 and under session. Warm-ups for the time trial session will be at 3:15 PM each day will run alongside the 12 and under warm-ups. ● Entries for the time trials must be submitted with the entries for the meet and are due no later than Friday, December 11·2020. ● Swimmers may switch events at the meet if there is an open lane in the event and is approved by the meet referee. Any changes to the swimmer’s event must be done by 12:00 PM or by 15 minutes after the conclusion of the 13 and over morning session, whichever is later. <p>Time Trial Cost: \$10 per individual event</p> <ul style="list-style-type: none"> ● The Time Trial Referee, at his discretion, may reorder the day’s scheduled events or combine events into a single heat. ● Timers will be provided for the Time Trial session ● Time Trials are included in the 6 event limit per day
<p>FEES:</p>	<p>Individual events: \$5.00 Time Trial Events: \$10.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity) Covid Facility Fee: \$5.00</p> <ul style="list-style-type: none"> ● Checks should be made payable to: ● Mail payment to: VA Gators Rob Rule 3139 Village Drive Waynesboro, VA 22980 ● Payment must be received by Wednesday, December 16th, 2020 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.

	<ul style="list-style-type: none"> ● IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
AWARDS:	<ul style="list-style-type: none"> ● No awards will be given.
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.
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 spectators 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. <p>MASK POLICY:</p> <ul style="list-style-type: none"> ● 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. <p>SPECTATOR POLICY:</p> <ul style="list-style-type: none"> ● No more than 25 spectators will be allowed in the facility at a time <p>BULLPEN AND STAGING AREA:</p> <ul style="list-style-type: none"> ● Swimmers will stage for their event on the inside of the building by Lane 1. One heat at a time will stage at a time inside. ● Swimmers will proceed from the staging area to stage behind the starting blocks as the prior heat is racing. ● 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. <p>LOCKER ROOMS AND RESTROOMS:</p> <ul style="list-style-type: none"> ● Locker room access will be restricted to restroom use only. ● Swimmers should arrive to 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:	<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. • 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. • 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. • 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 into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED. Deck changing is prohibited. • 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 Referees: Kevin Hogan Hogan.kevin.t@gmail.com 434-962-7529</p> <p>Officials will be needed for all positions and all sessions for this meet.</p> <ul style="list-style-type: none"> • Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to the Meet Director Alex Rayle • Officials meetings will be held one hour prior to the start of each session. A coaches meeting will be held 15 minutes prior to the start of the first session on Saturday morning. All meetings will be held outside the entrance.
TIMERS:	<ul style="list-style-type: none"> • Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • Timers will be provided for the 500 free and the 400 IM. • Touchpads will serve as the primary timing source, with a button and stopwatch serving as the two backup timing sources. • One timer per lane to comply with COVID-19 guidelines. • All timers and counters will be required to wear a mask. • Each swimmer participating in the 500 on Sunday should provide a counter
FACILITY RULES:	<ul style="list-style-type: none"> • No smoking or running in the facility. • Everyone will be expected to abide by the facility rules. • Swimmers, coaches, and teams will be held responsible for any damage.
DIRECTIONS:	<p>Take US-29 S., Merge onto US-29 S/US-460 W toward Lynchburg/Danville., Then 7.01 miles Merge onto US-29 S toward Danville, Then 41.14 miles Take the US-29 Bus exit toward Chatham/57 W. Then 0.21 miles Turn right onto N Main St/US-29 Bus S., Turn right onto Military Dr.</p>

HOTEL:	<ul style="list-style-type: none">• Hampton Inn, 200 McBride Lane, Gretna, Va 24557, (434) 656-9000
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Order of Events
GATR Winter Invitational December 19th-20th

Saturday, December 19th

Session 1(13 and overs): Warm-ups: 8:45-9:15 AM, Meet starts: 9:30 AM

Girls	Event	Boys
1	13 and over 200 Freestyle	2
	Break	
3	13 and over 100 Butterfly	4
5	13 and over 200 Breast	6
	Break	
7	13 and over 200 Backstroke	8
9	13 and over 50 Freestyle	10
	Break	
11	13 and over 400 IM	12

Saturday, December 19th

Session 2 (12 and unders and 13 and over Time Trials): Warm-ups: 3:15-3:45 PM;
 Meet Starts: 4:00 PM

Girls	Event	Boys
13	11-12 200 Freestyle	14
15	10 and under 200 Freestyle	16
101	13 and over 200 Freestyle	102
17	11-12 100 Fly	18
19	10 and under 100 Fly	20
103	13 and over 100 Fly	104
21	11-12 200 Back	22
108	13 and over 200 Back	109
23	10 and under 50 back	24

25	11-12 50 back	26
27	11-12 200 breast	28
105	13 and over 200 breast	106
29	10 and under 50 breast	30
31	11-12 50 breast	32
33	10 and under 100 IM	34
35	11-12 100 IM	36
109	13 and over 50 Freestyle	110
	Break	
37	11-12 400 IM	38
111	13 and over 400 IM	112

Sunday, December 20th

Session 3: (13 and overs) Warm-ups: 8:45-9:15 AM; Meet Starts: 9:30 AM

Girls	Event	Boys
39	13 and over 200 IM	40
	Break	
41	13 and over 100 free	42
43	13 and over 200 Fly	44
	Break	
45	13 and over 100 Back	46
47	13 and over 100 Breast	48
	Break	
49	13 and over 500 Free	50

Sunday December 20th

Session 4 (12 and unders and 13 and over Time Trials): Warm-ups: 3:15-3:45 PM

Meet Starts: 4:00 PM

Girls	Event	Boys
51	11-12 200 IM	52
53	10 and under 200 IM	54
239	13 and over 200 IM	240
55	11-12 100 Free	56
57	10 and under 100 Free	58
241	13 and over 100 Free	242
59	11-12 200 Fly	60
243	13 and over 200 Fly	244
61	10 and under 50 Fly	62
63	11-12 50 Fly	64
65	10 and under 100 Breast	66
67	11-12 100 Breast	68
247	13 and over 100 Breast	248
69	10 and under 100 Back	70
71	11-12 100 Back	72
245	13 and over 100 Back	246
73	10 and under 50 Free	74
75	11-12 50 Free	76
	Break	
77	10 and under 500 Free	78
79	11-12 500 Free	80
249	13 and over 500 Free	250

