



Valley Swim Team – Phoenix
Polar Plunge
A/BB/B/C Timed Final Meet
January 9-10, 2021
SANCTION NO. VS-21-94

Hosted by:



Valley Swim Team -
Phoenix

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 Warrenton Aquatic and Recreation 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.

SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-21-94• USA Swimming, Inc., Virginia Swimming, Inc., VSTP, and Warrenton Aquatic and Recreation 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 of Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.• USA Swimming, Inc., Virginia Swimming, Inc., and Valley Swim Team Phoenix 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.
LOCATION:	Warrenton Aquatic and Recreation Facility, 800 Waterloo Rd. Warrenton VA., <ul style="list-style-type: none">• (540) 349-2520
FACILITY:	<ul style="list-style-type: none">• Eight Lane 25 yard indoor pool, 4.5 (lane 1) to 11.8 feet in depth (lane 8); Non-Turbulent Lane Markers; Colorado Automatic & Semi-Automatic Timing System. There will be no continuous warm-up/cool down lanes.• 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:	Greg Jones E-mail : infovstp@gmail.com Phone:(540) 560-7048

ELIGIBILITY:	<ul style="list-style-type: none"> • Open to USA Swimming athletes registered before the first day of the meet from the following teams: NCAP and VSTP. Other teams wishing to participate can contact Meet Director for approval. • No on deck athlete registration will be permitted. • 2021-2024 NAG time standards are in effect. • Age on Jan. 9, 2021 (First day of the meet) 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 15&Over swimmers will swim in the first morning session • All 13-14 swimmers will swim in first afternoon session. • All 12 and under swimmers will swim in the early evening session • All events will be timed finals.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS DEC. 31, 2020</p> <ul style="list-style-type: none"> • Each session will be limited to 70 swimmers. • Entries must be submitted in SCY times using Commlink-2 software. teams submit entries via email. • Teams submit entries via email. • A 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 Times (CT) will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an "A" time. All entry times other than CT must have been achieved in USA Swimming sanctioned, approved, or observed competition. • Swimmers may enter a maximum of 4 individual events per day and a total of 8 events for the entire meet • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit, the 70 swimmer per session limit, or the limits as mandated by current Commonwealth of Virginia guidelines. • Email entries to: Greg Jones, infovstp@gmail.com • No deck entries will be accepted
FEES:	<p>Individual events: \$10.00 Swimmer surcharge: \$2.50 per person (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> • Checks should be made payable to: Valley Swim Team Phoenix. • Mail Payment to Jessica De Jong 115 Old Forest Circle Winchester, VA 22602 • Payment must be received by Wednesday January 6, 2021 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
SEEDING	<ul style="list-style-type: none"> • All events will be pre-seeded. • Coaches will be asked to submit scratches for distance events. At the discretion of the meet referee, the events will be reseeded if sufficient scratches are received. • Events #7, #8, #15, #16 (400 IM) and Events #39, #40, #47, #48 (500 Free) will be swum fastest to slowest
WARM-UP:	<ul style="list-style-type: none"> • There will be 3 sessions each day with 2 - 20 minute warm up sessions (no more than 5 per lane): <ul style="list-style-type: none"> ○ Morning sessions: 15 & over warm-ups at 7:00 AM; competition starts at 08:00 AM. ○ Mid-Day sessions: 13-14 year olds warm-ups not before 10:30 AM; competition starts not before 11:30 AM . ○ Early Evening Sessions: 12 and under warm-ups not before 2:00 PM; competition starts not before 3:00 PM

	<ul style="list-style-type: none"> • Lane assignment and warm-up times for individual clubs will be posted on the www.valleyswimteam.com (VSTP) website no later than January 5, 2021 and will also be emailed to the contact person of the participating clubs. • If the morning session runs late, afternoon warm-ups will begin immediately after the morning session ends and 30 min is provided for cleaning between sessions.
AWARDS:	<ul style="list-style-type: none"> • 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 RULES	<ul style="list-style-type: none"> • Athletes must arrive in their suits. Locker rooms will not be available. Locker room use will be for emergency use only and will be cleaned between each use by the WARF staff. • Only swimmers, coaches, officials, and designated volunteers will be permitted in the facility. • All attendees (athletes, coaches, officials and designated volunteers) must wear a mask to enter the WARF and throughout the facility, with the exception of athletes when they are warming up, cooling down, or competing.' • Swimmers must follow all directions as posted and adhere to all marshals' directions. • Any swimmer, coach, official and/or designated volunteer not following meet protocols will be subject to immediate removal from the meet. • Spectators will not be permitted. • Competition will be live-streamed on the VSTP Facebook page. VSTP will provide this information to participating teams prior to the first day of the meet. <p>SCREENING:</p> <ul style="list-style-type: none"> • All individuals entering the facility will be expected to answer Virginia Department of Health screening questions to include temperature screening. • Prior to WARF entry, all attendees (athletes, coaches, officials, and designated volunteers) will receive a touchless temperature screening and respond to health screening questions. Any person experiencing any of the following symptoms will not be permitted entry into the WARF: <ul style="list-style-type: none"> ○ Fever (temperature of 100.4°F or higher) or Chills ○ Nausea or Vomiting ○ Shortness of Breath or Difficulty Breathing ○ Cough or Fatigue ○ Muscle or Body Aches ○ Headache ○ New Loss of Taste or Smell ○ Sore Throat ○ Congestion or Runny Nose • Any person who returns a higher-than-normal temperature reading from the thermal camera of 100.4°F or higher will not be permitted further access to the facility. • Lead coaches will be responsible for instructing swimmers on procedures the week of the meet. • A designated staff member, official, or volunteer will be in place to observe/marshal COVID-19 guidelines and report back to the coaches and officials on concerns or improvements. • We request that all attendees notify the meet director as soon as possible if they have tested positive for COVID-19, shown symptoms or have been in contact with anyone exposed to COVID-19 after attending the meet. <p>DURING THE SESSION:</p> <ul style="list-style-type: none"> • All swimmers must remain in their designated area for their group until they are called for their warm up session and/or event and they must return to their area immediately following their event.

	<ul style="list-style-type: none"> • Swimmers may not enter another swimmer’s “square” of seating. • The announcer will call heats down to the deck one at a time. At no point will there be more than 5 heats of athletes on the deck (1 in the water, 1 behind the blocks, 2 lining up and 1 exiting the deck after their race). • A swimmer will wear their mask until they are lined up behind their lane for their race. • Once behind their lane, they will remove their mask and place it into a Ziploc bag. The Marshal who has escorted the athletes behind the blocks, while wearing latex gloves, will collect each swimmer's mask and walk the masks around to the opposite end of the pool and place the mask in the Ziploc bag onto a chair behind each lane. • When the athletes' heat is called up onto the blocks they will take their mark and GO! • At the conclusion of the race, once all swimmers in the heat have finished, an official will tell the athletes in the water to do a 25 easy to the opposite end of the pool and exit the water. • The swimmer will get out of the water and immediately put their mask on. They will then have a brief moment to check in with their coach (who should be standing nearby) before exiting the pool deck to return to their seats. • Note: We have set the timelines so that there is 90 seconds between each heat at every session. This will allow plenty of time for the athletes to do their 25 easy and talk to their coach before the next heat starts. So rest assured, the pacing of the meet will be slow and there should be a relaxed atmosphere at all times (aside from the EXCITEMENT of competing for the first time in 8 months!).
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. • 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. • 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. • 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: Jessica De Jong Email: jepdejong@comcast.net Cell: 540 303-1355</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions 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 (host team officials chair Jessica De Jong, jepdejong@comcast.net or (540) 303-1355 no later than January 6, 2021. • Officials meetings will be held at least one hour prior to the start of each session. • There will be a coaches’ meeting at 8:00 am on January 9, 2021.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.

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. We will need 1 timer per lane per session. • The number of timers required per club and their lane assignments will be posted on the www.valleyswimteam.com no later than Tuesday, January 5, 2021 and will also be emailed to the contact person of each of the individual clubs. • All timers and lap counters will be required to wear a mask. • Timers meeting will be held approximately 30 minutes prior to the start of the session. 		
GENERAL:	<ul style="list-style-type: none"> • Coaches' and officials' hospitality will include light snacks and drinks. Hospitality will be hosted in the room just off the pool deck. 		
FACILITY RULES:	<ul style="list-style-type: none"> • Each club is responsible for supervising the conduct of their swimmers • Swimmers are not permitted in any room of the building not directly associated with this swim meet. • Only coaches, swimmers, and officials are allowed on the competition deck. • No cars are to be left in fire lanes. • Parking in designated areas only, overflow parking available at nearby high school 		
DIRECTIONS:	Directions are available on the Virginia Swimming website.		
HOTELS:	Red Roof Inn Warrenton 6 Broadview Avenue Warrenton, VA (540) 347-4141	Holiday Inn Express 410 Holiday Court Warrenton, VA (540) 368-9600	Hampton Inn 501 Blackwell Road Warrenton, VA (540) 349-4200

**MEET TITLE
ORDER OF EVENTS**

Saturday January 9, 2021

Morning Session #1 15&Over Warm-up: 7:00 AM; Start: 8:00 AM			Mid Day Session #2 13-14 Warm-up: 10:30AM; Start: 11:30 AM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	15&Over 200 Breaststroke	2	11	13-14 200 Breaststroke	12
3	15&Over 50 Freestyle	4	13	13-14 50 Freestyle	14
5	15& Over 200 Butterfly	6	15	13-14 200 Butterfly	16
7	15&Over 100 Backstroke	8	17	13-14 100 Backstroke	18
9	15&Over 200 Freestyle	10	19	13-14 200 Freestyle	20
Early Afternoon Session #3 12&Under Warm-up: 2:00 PM; Start: 3:00 PM (Times are approximate)					
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
21	12 & under 200 Freestyle	22			
23	12 & Under 100 Individual Medley	24			
25	12 & Under 50 Breaststroke	26			
27	12 & Under 200 Breaststroke	28			
29	12 & Under 50 Freestyle	30			
31	12 & Under 100 Butterfly	32			

Sunday, January 10, 2021

Morning Session #4 15&Over Warm-up: 7:00 AM; Start: 8:00 AM			Morning Session #5 13-14 Warm-up: 10:30 AM; Start: 11:30 AM (Times are approximate)		
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
33	15&Over 100 Fly	34	43	13-14 100 Fly	44
35	15&Over 200 Backstroke	36	45	13-14 200 Backstroke	46
37	15& Over 100 Freestyle	38	47	13-14 100 Freestyle	48
39	15&Over 200 IM	40	49	13-14 200 IM	50
41	15&Over 100 Breaststroke	42	51	13-14 100 Breaststroke	52
Early Afternoon Session #6 12 and Under Warm-up: 2:30 PM; Start: 3:20 PM (Times are approximate)					
<u>Girls</u>	<u>Events</u>	<u>Boys</u>	<u>Girls</u>	<u>Events</u>	<u>Boys</u>
53	11-12 200 Fly	54			
55	12&under 100 Freestyle	56			
57	12&Under 200 Backstroke	58			
59	12&Under 50 Fly	60			
61	11-12 200 IM	62			
63	12&Under 50 Backstroke	64			