



**757swim IMR/IMX Season Kickoff Meet**  
**October 8-10<sup>th</sup>, 2021**  
**Sanction NO. VS-22-08**

Hosted by:  
**757swim**

*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 757swim 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-22-08</b> .</li> <li>• USA Swimming, Inc., Virginia Swimming, Inc., and 757swim 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>• USA Swimming, Inc., Virginia Swimming, Inc., and 757swim 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>	757swim Aquatic Center, 5720 Warhill Trail, Williamsburg, VA 23188, 757.253.1947
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>• The ten lane 25-meter by 25-yard indoor competition pool offers one 25-yard competition pool with a depth of six feet 7 inches. Also, offers a 20 x 40 feet small therapy pool.</li> <li>• Competition lanes are a minimum of 9 feet wide swum wall to bulkhead.</li> <li>• Up to 10 lanes will be used for competition.</li> <li>• Non-Turbulent Lane Markers</li> <li>• Spectrum Starting Blocks, Colorado Timing System</li> <li>• The WISC provides 1 indoor pool and wireless internet</li> <li>• The competition course has not 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.</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: Erin Roehrl Phone: 757.377.1532 Email: meetdirector@757swim.com
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>• Open to all Virginia Swimming and Potomac Valley registered athletes who are members of 757swim, CGBD, NCAP, NOVA, or CVAC prior to the first day of the meet.</li> <li>• Deck entries will not be accepted.</li> <li>• No on-deck USA Swimming athlete registration will be permitted.</li> <li>• Age on October 8th, 2021 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</li> </ul>

	disability prior to the competition.
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>• All events will be timed finals.</li> <li>• After the entry deadline, breaks may be added during the sessions and clubs will be notified when receiving their lane assignments and warm-up times as referenced under warm-up.</li> <li>• Sessions may be adjusted/combined after entries have been received depending on the number of swimmers and in order to follow COVID-19 procedures.</li> <li>• All 13 &amp; Over swimmers will swim in the PM session on Friday.</li> <li>• All 13 &amp; Over swimmers will swim in the AM session on Saturday/Sunday.</li> <li>• All 9-12 swimmers will swim in the PM session on Saturday/Sunday.</li> <li>• 9 &amp; Overs will participate in an IMR or IMX meet format.</li> <li>• The IMR events are as follows: <ul style="list-style-type: none"> <li>○ 9 – 10: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM</li> <li>○ 11- 12: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM</li> <li>○ 13 &amp; Over: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM</li> </ul> </li> <li>• The IMX events are as follows: <ul style="list-style-type: none"> <li>○ 9-10: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM</li> <li>○ 11-12: 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM</li> <li>○ 13 &amp; Over: 15-18: 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM</li> </ul> </li> </ul>
<b>ENTRIES:</b>	<p><b>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, September 28<sup>th</sup>, 2021.</b></p> <ul style="list-style-type: none"> <li>• Entries must be submitted in Short Course Yards times using Commlink-2 software.</li> <li>• Teams submit entries via e-mail.</li> <li>• Coach Time (CT) and “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record.</li> <li>• Each swimmer must enter the entire event lineup for the meet or session, either the IMR slate of events or the IMX slate of events.</li> <li>• Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>• The Meet Director reserves the right to limit entries, if necessary, to prevent too lengthy a session. This may include combining heats and events; which may require reseeding.</li> <li>• After the entry deadline, breaks may be added during sessions and clubs will be notified when receiving their lane assignments and warm-up times as referenced above under warm-ups.</li> <li>• Email entries to: calamerdin@gmail.com</li> </ul>
<b>FEES:</b>	<p><b>Individual Events:</b></p> <ul style="list-style-type: none"> <li>• <b>\$45.00 for 9-10 IMR/IMX Swimmers, and 11-12 IMR/IMX Swimmers.</b></li> <li>• <b>\$54.00 for 13 &amp; Over IMR/IMX Swimmers</b></li> </ul> <p><b>Swimmer Fee: \$2.50 per person (entered in the meet in any capacity)</b></p> <ul style="list-style-type: none"> <li>• Checks should be made payable to: 757swim</li> <li>• Mail payment to: 757swim 5720 Warhill Trail Williamsburg, VA 23188</li> <li>• Payment must be received by Tuesday, October 5<sup>th</sup>, 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.</li> <li>• <b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.</li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events will be pre-seeded.</li> </ul>
<b>WARM-UP:</b>	<ul style="list-style-type: none"> <li>• Friday 13&amp;O Girls session: Warm-ups not before 12:00 pm; competition starts not before 1:00 pm.</li> <li>• Friday 13&amp;O Boys session: Warm-ups not before 2:00 pm; competition starts not before 3:00 pm.</li> <li>• Saturday 13&amp;O Girls session: Warm-ups not before 6:00 am; competition starts not before 7:00 am.</li> </ul>

	<ul style="list-style-type: none"> <li>• Saturday 13&amp;O Boys session: Warm-ups not before 9:00 am; competition starts not before 10:00 am.</li> <li>• Sunday 13&amp;O Boys session: Warm-ups not before 6:00 am; competition starts not before 7:00 am.</li> <li>• Sunday 13&amp;O Girls session: Warm-ups not before 9:00 am; competition starts not before 10:00 am.</li> <li>• Saturday/Sunday 9-12 yrs old session: Warm-ups not before 12:00 pm; competition starts not before 1:00 pm.</li> <li>• Lane assignments and warm-up times for individual clubs will be posted on the 757swim website no later than Monday, October 4, 2021 and will also be emailed to the contact person of the participating clubs.</li> </ul>
<b>AWARDS:</b>	No awards will be given.
<b>COVID RULES</b>	<ul style="list-style-type: none"> <li>• <b>Athletes must arrive in their suits. Locker rooms will not be available for changing or showering.</b></li> <li>• <b>Programs:</b> Meet Mobile will be available</li> <li>• <b>Swimmers/Spectator Conduct:</b> Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates 757swim Aquatic Center rules (posted at the pool) will be disqualified from the meet and escorted from the facility.</li> <li>• <b>Deck Access:</b> Access to the pool deck will be strictly controlled. Swimmers, coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Spectators must remain behind the ropes at all times.</li> <li>• <b>Spectator Seating: Spectators will be allowed depending on the number of swimmers entered in the meet for each session.</b> <i>Parents/guardians will enter through the 757swim lobby only and exit out the back door of the facility. Spectators will enter the facility, watch their swimmer's heat, and then leave in one direction through the back door. No bleacher seating will be available for spectators. Masks must be worn by unvaccinated spectators when in the 757swim Aquatic Center at all times.</i></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 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, it is the responsibility of 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) anytime 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>• In accordance with VSI best practices, all swimmers should shower before entering the pool.</li> <li>• 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.</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>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> </ul> </li> </ul>

	<ul style="list-style-type: none"> <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> <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 rescored and re-awarded.</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee: Name: Genny Kimbel</b>  <b>Email: gennykimbel@gmail.com</b>  <b>Phone: (757) 876-9134</b></p> <ul style="list-style-type: none"> <li>● Officials will be needed for all positions and all sessions for this meet.</li> <li>● Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook</li> <li>● Team officials chair should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Shana Wilkins at officialchair@757swim.com no later than Tuesday, October 5<sup>th</sup> 2021.</li> <li>● Officials' meetings will be held in the hospitality area one hour prior to the start of the meet.</li> </ul>
<b>SAFETY:</b>	Virginia Swimming Meet Safety Procedures will be in effect.
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>● Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session.</li> <li>● The number of timers required per club and their lane assignments will be posted on the 757swim website no later than Monday, October 4, 2021, and will also be emailed to the contact person of each of the individual clubs.</li> <li>● These assignments will also be posted throughout the venue.</li> <li>● All timers and counters must wear a mask.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>● <b>Team Banners:</b> Banners cannot be hung from any pipes that run over the team seating area.</li> <li>● <b>First Aid:</b> A staffed First Aid Station is located at the Front Desk near entrance to locker rooms.</li> <li>● <b>Lost and Found:</b> Lost and Found will be located in the Front Lobby and next to the Announcer's Table.</li> <li>● By signing up for the meet you are agreeing for your swimmer to be live-streamed.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>● Parking will be in the main lot out front of the Williamsburg Indoor Sports Complex. Parents and swimmers <b>MUST</b> walk around outside either side of the WISC to the separate 757swim Aquatic Center located behind Williamsburg Indoor Sports Complex.</li> <li>● No glass containers of any kind are permitted in the facility.</li> <li>● No lawn/deck chairs will be permitted in Spectator Seating Area.</li> <li>● No spectators/parents will be allowed on deck unless working the meet.</li> <li>● No smoking is allowed on the campus.</li> </ul> <p>All rules are posted pool side.</p>

**757swim IMR/IMX Season Kickoff  
Order of Events**

**Friday, October 8<sup>th</sup>, 2021**

**Session 1: 13 & Over Girls**

**Warm-up: not before 12:00pm; Start not before 1:00pm**

<b>Girls</b>	<b>Events</b>	<b>Boys</b>
<b>1</b>	<b>200 FR (IMR)</b>	
<b>3</b>	<b>500 FR (IMX)</b>	
<b>5</b>	<b>200 IM (IMR &amp; IMX)</b>	

**Session 2: 13 & Over Boys**

**Warm-up: not before 2:00pm; Start not before 3:00pm**

<b>Girls</b>	<b>Events</b>	<b>Boys</b>
	<b>200 FR (IMR)</b>	<b>2</b>
	<b>500 FR (IMX)</b>	<b>4</b>
	<b>200 IM (IMR &amp; IMX)</b>	<b>6</b>

**Saturday, October 9<sup>th</sup>, 2021**

**Session 3: 13 & Over Girls**  
**Warm-up: not before 6:00am; Start not before 7:00am**

<b>Girls</b>	<b>Events</b>	<b>Boys</b>
<b>7</b>	<b>100 Fly (IMR)</b>	
<b>9</b>	<b>200 Fly (IMX)</b>	
<b>11</b>	<b>100 Back (IMR)</b>	
<b>13</b>	<b>200 Back (IMX)</b>	

**Session 4: 13 & Over Boys**  
**Warm-up: not before 9:00am; Start not before 10:00am**

<b>Girls</b>	<b>Events</b>	<b>Boys</b>
	<b>100 Fly (IMR)</b>	<b>8</b>
	<b>200 Fly (IMX)</b>	<b>10</b>
	<b>100 BK (IMR)</b>	<b>12</b>
	<b>200 BK (IMX)</b>	<b>14</b>

**Session 5: 9-12 Afternoon Session**  
**Warm-up: not before 12:00pm; Start not before 1:00pm**

<b>Girls</b>	<b>Events</b>	<b>Boys</b>
<b>15</b>	<b>9-10 100 Fly (IMX)</b>	<b>16</b>
<b>17</b>	<b>9-10 50 BR (IMR)</b>	<b>18</b>
<b>19</b>	<b>11-12 50 BR (IMR)</b>	<b>20</b>
<b>21</b>	<b>11-12 100 BR (IMX)</b>	<b>22</b>
<b>23</b>	<b>9-10 100 IM (IMR)</b>	<b>24</b>
<b>25</b>	<b>11-12 200 IM (IMX)</b>	<b>26</b>
<b>27</b>	<b>11-12 200 FR (IMR)</b>	<b>28</b>
<b>29</b>	<b>9-10 200 FR (IMX)</b>	<b>30</b>
<b>31</b>	<b>11-12 500 FR (IMX)</b>	<b>32</b>

**Sunday, October 10<sup>th</sup>, 2021**

**Session 6: 13 & Over Boys**  
**Warm-up: not before 6:00am; Start not before 7:00am**

<b>Girls</b>	<b>Events</b>	<b>Boys</b>
	<b>100 IM (IMR)</b>	<b>34</b>
	<b>400 IM (IMX)</b>	<b>36</b>
	<b>100 Breast (IMR)</b>	<b>38</b>
	<b>200 Breast (IMX)</b>	<b>40</b>

**Session 7: 13 & Over Girls**

**Warm-up: not before 9:00am; Start not before 10:00am**

<b>Girls</b>	<b>Events</b>	<b>Boys</b>
<b>33</b>	<b>100 IM (IMR)</b>	
<b>35</b>	<b>400 IM (IMX)</b>	
<b>37</b>	<b>100 Breast (IMR)</b>	
<b>39</b>	<b>200 Breast (IMX)</b>	

**Session 8: 9-12 Afternoon Session**

**Warm-up: not before 12:00pm; Start not before 1:00pm**

<b>Girls</b>	<b>Events</b>	<b>Boys</b>
<b>41</b>	<b>9-10 50 Fly (IMR)</b>	<b>42</b>
<b>43</b>	<b>11-12 50 Fly (IMR)</b>	<b>44</b>
<b>45</b>	<b>9-10 100 Breast (IMX)</b>	<b>46</b>
<b>47</b>	<b>11-12 100 Fly (IMX)</b>	<b>48</b>
<b>49</b>	<b>9-10 100 FR (IMR)</b>	<b>50</b>
<b>51</b>	<b>11-12 100 IM (IMR)</b>	<b>52</b>
<b>53</b>	<b>9-10 200 IM (IMX)</b>	<b>54</b>
<b>55</b>	<b>11-12 50 BK (IMR)</b>	<b>56</b>
<b>57</b>	<b>11-12 100 BK (IMX)</b>	<b>58</b>
<b>59</b>	<b>9-10 50 BK (IMR)</b>	<b>60</b>
<b>61</b>	<b>9-10 100 BK (IMX)</b>	<b>62</b>