VIRGINIA SWIMMING	**757swim Splash & Dash** **January 15-16, 2022** **Sanction NO. VS-22-56**	**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.

SANCTION:	• Held under the sanction of USA Swimming/Virginia Swimming, Inc., **SANCTION NO: VS-22-56** • 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. • 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 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. • 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:	757swim Aquatic Center, 5720 Warhill Trail, Williamsburg, VA 23188
FACILITY:	• 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. • Competition lanes are a minimum of 9 feet wide swum wall to bulkhead. • Up to 10 lanes will be used for competition. • Non-Turbulent Lane Markers • Spectrum Starting Blocks, Colorado Timing System • 757swim provides 1 indoor pool and wireless internet • The competition course has not been certified in accordance with current *USA Swimming Rules and Regulations*, 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:	Name: Erin Roehrle Phone: 757.377.1532 Email: meetdirector@757swim.com
ELIGIBILITY:	• Open to all Virginia Swimming registered athletes who are members of 757swim, CGBD, TIDE, ECAT, CCA or CVAC prior to the first day of the meet. • Deck entries will not be accepted. • No on-deck USA Swimming athlete registration will be permitted.

	• Age on Jan 15, 2022 will determine age for the entire meet.
DISABILITY SWIMMERS:	• 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:	• All events will be timed finals. • The 1000 Free will be swum fastest to slowest. • 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. • 13 & Over swimmers will swim in the AM session on Saturday/Sunday. • All 10 & Unders swimmers will swim in the Mid-Day session on Saturday/Sunday • All 11-12 swimmers will swim in the PM session on Saturday/Sunday
ENTRIES:	**DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, January 4th, 2021.** • Entries must be submitted in Short Course Yards times using Commlink-2 software. • Teams submit entries via e-mail. • Coach Time (CT) must be slower than an "A" time. "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. • 13&O swimmers may enter up to **3** individual events on Saturday plus the 1000 Free and up to 3 individual events on Sunday. 10&U may enter up to **3** individual events on Saturday and Sunday. 11-12 yr olds may enter up to **3** individual events on Saturday and Sunday. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit and as mandated by current Commonwealth of Virginia guidelines. • 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. • Email entries to: calamerdin@gmail.com
FEES:	**Individual Events:** • **$8.75** **Swimmer Fee: $2.50 per person (entered in the meet in any capacity)** • Checks should be made payable to: 757swim • Mail payment to: 757swim 5720 Warhill Trail Williamsburg, VA 23188 • Payment must be received by Tuesday, January 11, 2022 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. • IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is NOT required for delivery.
SEEDING:	• All events will be pre-seeded except for the 13&O 1000 Free. Positive check-in for the 1000 Free will close at 9:00am.
WARM-UP:	• Saturday/Sunday 13 & Over sessions: Warm-ups not before 6:00 am; competition starts not before 7:00 am. • Saturday 13 & Over Distance session: Warm-ups not before 9:40 am. With a 10-minute warm up immediately following the conclusion of Session 1. • Saturday 10 & Under session: Warm-ups not before 11:00 am; competition starts not before 11:30 am. Sunday 10 & Under session: Warm-ups not before 10:00 am; competition starts not before 10:30 am • Saturday 11-12 session: Warm-ups not before 12:00pm; competition starts not before 12:30pm. Sunday 11-12 session: Warm-ups not before 11:00am; competition starts not before 11:30am. • If any session runs long, warm ups for the subsequent session that day will occur 5 minutes after the conclusion of the previous session.

	• Lane assignments and warm-up times for individual clubs will be posted on the 757swim website no later than Tuesday, January 11, 2022 and will also be emailed to the contact person of the participating clubs.
AWARDS:	No awards will be given.
COVID RULES	• **Athletes must arrive in their suits. Locker rooms will not be available for changing or showering.** • **Programs**: Meet Mobile will be available • **Swimmers/Spectator Conduct**: 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. • **Deck Access**: 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. • **Spectator Seating: Spectators will Watch and Go:** *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.*
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. • 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. • 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. • 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 entering the pool. • 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. • 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.

PENALTIES:	• A fine of up to $100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as
	  ○ 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.

OFFICIALS:	**Meet Referee: Name: Genny Kimbel** **Email: gennykimbel@gmail.com** **Phone: (757) 876-9134** • Officials will be needed for all positions and all sessions for this meet.

	• Training for Officials will be offered in accordance with Training Guidelines and Initial Certification, Virginia Swimming Officials Handbook • 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 / Jose Aponte at officialchair@757swim.com no later than Tuesday, January 11, 2022. • Officials' meetings will be held in the hospitality area one hour prior to the start of the meet.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	• Clubs will be required to provide timers in proportion to the number of swimmers they have entered in each session. • The number of timers required per club and their lane assignments will be posted on the 757swim website no later than Tuesday, January 11, 2022, and will also be emailed to the contact person of each of the individual clubs. • These assignments will also be posted throughout the venue.
GENERAL:	• **Team Banners**: Banners cannot be hung from any pipes that run over the team seating area. • **First Aid**: A staffed First Aid Station is located at the Front Desk near entrance to locker rooms. • **Lost and Found**: Lost and Found will be located in the Front Lobby and next to the Announcer's Table. • By signing up for the meet you are agreeing for your swimmer to be live-streamed.
FACILITY RULES:	• Parking will be in the main lot out front of the Williamsburg Indoor Sports Complex. Parents and swimmers **MUST** walk around outside either side of the WISC to the separate 757swim Aquatic Center located behind Williamsburg Indoor Sports Complex. • No glass containers of any kind are permitted in the facility. • No lawn/deck chairs will be permitted in Spectator Seating Area. • No spectators/parents will be allowed on deck unless working the meet. • No smoking is allowed on the campus. All rules are posted pool side.

757swim Splash & Dash
Order of Events

Saturday, January 15th, 2022

Session 1: 13 & Overs
Warm-up: not before 6:00am; Start not before 7:00am

Girls	Events	Boys
1	13 & Over 100 Fr	2
3	13 & Over 200 Fly	4
5	13 & Over 200 IM	6
7	13 & Over 200 Br	8
9	13 & Over 100 Bk	10

Session 2: 13& Overs
Warm-up: not before 9:40am; Start not before 10:00am

Girls	Events	Boys
11	1000 FR	12

Session 3: 10 & Unders
Warm-up: not before 11:00am; Start not before 11:30am

Girls	Events	Boys
13	10 & Under 50 Fr	14
15	10 & Under 100 Fly	16
17	8 & Under 25 Fly	18
19	10 & Under 100 IM	20
21	10 & Under 50 Br	22
23	10 & Under 100 Bk	24
25	8 & Under 25 BK	26
27	10 & Under 200 FR	28

Session 4: 11-12 Afternoon Session
Warm-up: not before 12:00pm; Start not before 12:30pm

Girls	Events	Boys
29	11-12 100 FR	30
31	11-12 50 Fly	32
33	11-12 200 Fly	34
35	11-12 100 IM	36
37	11-12 50 BR	38
39	11-12 200 BR	40
41	11-12 100 BK	42
43	11-12 400 IM	44

Sunday, January 16th, 2022

Session 5: 13 & Over
Warm-up: not before 6:00am; Start not before 7:00am

Girls	Events	Boys
45	13 & Over 400 IM	46
47	13 & Over 200 Fr	48
49	13 & Over 100 Fly	50
51	13 & Over 100 Br	52
53	13 & Over 200 Bk	54
55	13 & Over 50 Fr	56
57	13 & Over 500 Fr	58

Session 6: 10 & Under
Warm-up: not before 10:00am; Start not before 10:30am

Girls	Events	Boys
59	10 & Under 200 IM	60
61	10 & Under 100 Fr	62
63	10 & Under 25 Fr	64
65	10 & Under 50 Fly	66
67	10 & Under 100 Br	68
69	10 & Under 25 Br	70
71	10 & Under 50 Bk	72
73	10 & Under 500 Free	74

Session 7: 11-12 Afternoon Session
Warm-up: not before 11:00am; Start not before 11:30am

Girls	Events	Boys
75	11-12 200 Fr	76
77	11-12 100 Fly	78
79	11-12 200 IM	80
81	11-12 100 Br	82
83	11-12 50 Bk	84
85	11-12 200 Bk	86
87	11-12 50 Fr	88
89	11-12 500 Fr	90