



**H2OKIE THANKSGIVING INVITATIONAL**  
**A/BB/B/C Meet**  
**November 1-3 2019**  
**SANCTION NO. VS-20-??**



<b>SANCTION:</b>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: <b>VS-20-??</b></li> <li>USA Swimming, Inc., Virginia Swimming, Inc., Hokie Aquatics and the Christiansburg 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> </ul>
<b>LOCATION:</b>	Christiansburg Aquatic Center, 595 N. Franklin Street Christiansburg, VA 24073 (540) 381-7665
<b>FACILITY:</b>	<ul style="list-style-type: none"> <li>50 Meter by 25 yard pool, lanes have non-turbulent lane lines, deck-anchored starting blocks and water depth of min. of 7.0 feet at the starting end.</li> <li>Colorado Timing System with color scoreboard and separate video board will be used.</li> <li>Two race courses will be utilized: 8 Lane Course and 10 Lane Course</li> <li>The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4). Two 25 Yard courses will be used.</li> </ul>
<b>MEET DIRECTOR:</b>	Name: Scott Baldwin Email: <a href="mailto:edbaldwi@vt.edu">edbaldwi@vt.edu</a> Phone: (540) 998-2327
<b>ELIGIBILITY:</b>	<ul style="list-style-type: none"> <li>Open to Invited teams- MACH, YORK, SRVA, SMAC, CCA, LASO, BSC, RSA, RMSC, CYAC, GATR, SCAT, that have USA Swimming athletes registered prior to the first day of the meet.</li> <li>Teams not listed above may still attend with Meet Director Approval</li> <li>No on deck USA Swimming athlete registration will be permitted</li> <li>Age on November 1, 2019 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 disability prior to the competition.</li> </ul>
<b>FORMAT:</b>	<ul style="list-style-type: none"> <li>13 &amp; Over Sessions will be run in two courses each session: Men's Course and Women's Course</li> <li>12 &amp; Under Sessions will be run in two courses each session: Boy's Course and Girl's Course.</li> <li>All 12 &amp; Under Session swimmers swim timed finals on Friday evening, and Saturday and Sunday afternoon sessions.</li> <li>All 13 &amp; Over Session swimmers swim timed finals on Friday evening, Saturday morning, Saturday evening, and Sunday morning sessions.</li> </ul>
<b>WARM-UPS:</b>	<ul style="list-style-type: none"> <li>Friday evening session: Warm-ups start at 3:45pm; competition start at 5:00 pm. General warm-up will be for 45 minutes with 20 minutes of specific warm-ups immediately following.</li> <li>13 &amp; over Session SAT and SUN AM Warm-ups: General Warmup Beginning at 6:30am-7:50am. Specific Warmups: 7:50-8:10am competition starts at 8:15 am.</li> <li>13 &amp; over Sat PM session Warm-ups: Warm-ups no earlier than 3:45 pm; competition starts no earlier than <b>5:15pm</b>. General warm-up will be for 60 minutes with 20 minutes of specific warm-ups immediately following. Exact start times will be announced after receipt of all entries.</li> <li>12 &amp; under Warmups will be assigned: Warmups will begin no earlier than 11:00am each day. Meet starts no earlier than 12:00pm each day.</li> <li>Warm-up times will be posted on <a href="http://www.h2okieaquatics.org">www.h2okieaquatics.org</a> no later than <b>October 28, 2019</b>, and emailed to the contact person of the participating clubs.</li> </ul>
<b>ENTRIES:</b>	<b>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, October 22, 2019</b>

	<ul style="list-style-type: none"> <li>• Entries must be submitted in short course yard times using Hy-Tek Team Manager and Commlink-2 software.</li> <li>• Teams must submit entries via e-mail</li> </ul> <p>A Team Manager printout of entries must be included or the meet checklist/summary sheet with the name, phone number, and email address of the person to contact in case of questions must accompany the entries, regardless of how they are submitted.</p> <ul style="list-style-type: none"> <li>• “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. All entry times must have been achieved in USA Swimming sanctioned, approved, or observed competition.</li> <li>• Proof of time must be submitted with entry for all distance events.</li> <li>• 12 &amp; Under session swimmers may enter a maximum of <b>4 events</b> per day.</li> <li>• 13&amp;over session swimmers on Saturday may enter a maximum of <b>3 events</b> per session and no more than, 5 events total for the day.</li> <li>• 13&amp;over session swimmers on Sunday may enter a maximum of <b>4 events</b>.</li> <li>• 12 &amp; Under swimmers entered in a Senior session are bound to the senior session entry limits for that day.</li> <li>• Entries will be processed in the order received and <b>accepted to</b> the greatest extent possible without exceeding the 4-hour/session timeline limit.</li> <li>• The Meet Director reserves the right to limit entries in any events, if necessary, to prevent too lengthy a session. This may include combining heats and events; which actions may require reseeding.</li> <li>• Email entries to: <a href="mailto:edbaldwi@vt.edu">edbaldwi@vt.edu</a></li> <li>• 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 <b>administrative official</b> on the provided forms.</li> </ul>
<b>FEES:</b>	<p><b>Individual Events: \$6.75</b>  <b>Swimmer Surcharge: \$2.50 per person (entered in the meet in any capacity).</b></p> <ul style="list-style-type: none"> <li>○ Free Access to Heat sheets: in pdf form online, in paper form at the meet and on the Meet Mobile App. <a href="#">HEAT SHEET LINK</a></li> <li>• Checks should be made payable to: H20kie Aquatics</li> <li>• Mail payment to:  Scott Baldwin  2211 Walnut Spring Rd  Blacksburg, VA 24060  Phone: (540) 998-2327</li> <li>• Payment must be received by Wednesday, October 30, 2019 for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> <li>• <b>IMPORTANT:</b> If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., please ensure that a signature is <b>NOT</b> required for delivery as this will delay the receipt of your entries.</li> </ul>
<b>AWARDS:</b>	<ul style="list-style-type: none"> <li>• Individual events: Ribbons will be awarded for first through eighth place. <ul style="list-style-type: none"> <li>○ 12 &amp; Under events will be awarded by 8&amp;U, 9, 10, 11, and 12 year old single age groups.</li> <li>○ No Awards for 13&amp;Over Events</li> </ul> </li> </ul>
<b>SEEDING:</b>	<ul style="list-style-type: none"> <li>• All events 200 yds or less will be pre-seeded. All events 400 yds or longer will be deck seeded with a positive check-in as described below.</li> <li>• Swimmers should report directly to the blocks for their events.</li> <li>• All 12&amp;Under Events on Friday will be preseeded (Event #1- 4).</li> <li>• Positive check-in: <b>Friday Distance Events (#5- #8) by 4:15pm; Saturday 13&amp;Over 500 Events (#13- #14) by 8:30am</b></li> <li>• <u>Senior 500 Free (#15 &amp; 16) will be flighted depending on the number of entries. Fastest swimmers will swim in the SAT AM session. Remaining swimmers wishing to swim will swim in the SAT PM session following event #33 &amp; #34.</u></li> </ul>

	<ul style="list-style-type: none"> <li>• Open 400 IM and 1000 FREE will be swum fastest to slowest in alternating heats of girls and boys.</li> <li>• <b>SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE SEEDED.</b></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> <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> </ul> </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>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>• 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.</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 or the swimmer's legal guardian to ensure compliance with this requirement.</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 into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is PROHIBITED.</li> <li>• In accordance with VSI best practices, all swimmers should shower before entering the pool. In accordance with VSI Policy, only those coaches who have a 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>OFFICIALS:</b>	<p><b>Meet Referee: George Zolovick</b>  <b>Email: <a href="mailto:gzolovick@gmail.com">gzolovick@gmail.com</a></b>  <b>Phone: 540-449-5413</b></p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Team Officials Chairpersons should submit the names and session availability of certified officials, as well as the names and session availability of trainees to Scott Greiner, Email: <a href="mailto:sgreiner@vt.edu">sgreiner@vt.edu</a>, no later than October 30, 2019.</li> <li>• There will be a meeting of all strokes and turns officials 30 minutes prior to the start of the Friday evening session and one hour prior to all Saturday and Sunday sessions</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 <a href="http://www.h20kieaquatics.org">www.h20kieaquatics.org</a> no later than October 28, 2019 and emailed to the contact person of each of the individual clubs.</li> <li>• Friday events, event #1- #6, participants will be expected to provide their own timers and lap counters where applicable.</li> <li>• <b>Sat events, event #15 and #16, participants will be expected to provide their own counters.</b></li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Spectator seating of approx 1200 is available above the swimming venue.</li> <li>• Only swimmers, officials, and timers are allowed on deck.</li> <li>• <i>Swim and Tri</i> swimwear will be in attendance for swimming related items.</li> <li>• Hospitality will be provided to certified USA swimming coaches and registered USA swimming officials only.</li> </ul>

<b>FACILITY RULES:</b>	<p><b>FOLLOWING RULES ARE TO BE FOLLOWED DURING THE EVENT ALONG WITH THE TOWN OF CHRISTIANBURG AQUATIC CENTER RULES:</b></p> <ul style="list-style-type: none"> <li>● Concessions will be allowed in designated areas only. Drinks are permitted in plastic bottles or covered cups.</li> <li>● Young children must be supervised by an adult.</li> <li>● Observers are to stay in designated areas.</li> <li>● No tape of any kind is to be used inside to hang signs, banners or decorations. Please consult with the Director of Aquatics prior to hanging up any relevant decorations.</li> <li>● Only Aquatic Staff are permitted in the Aquatic Offices, Equipment Room and First Aid Office unless approved by Aquatic Staff Management.</li> <li>● Smoking is NOT permitted within the Town of Christiansburg Aquatic Center.</li> <li>● The Town of Christiansburg Aquatic Center is not responsible for any lost or stolen items. Make sure someone you know is always present supervising individual/team belongings.</li> <li>● No unauthorized persons are permitted to use the stereo system without the permission of the Aquatic Director.</li> <li>● No glass containers of any kind are to be brought into the pool complex.</li> <li>● Parking violators will be subject to fines and/or towing as posted.</li> <li>● Overflow parking may be pre-arranged with Kroger or Christiansburg High School on weekends.</li> <li>● The Aquatic Center strongly encourages showering prior to entering the pool.</li> <li>● All emergency exits and walkways must remain clear.</li> <li>● Each club is responsible for supervising the conduct of its swimmers/spectators. Swimmers are not permitted in any room not directly associated with the meet.</li> </ul>
<b>DIRECTIONS:</b>	MapQuest using this address: 595 North Franklin Street, Christiansburg, VA 24073

## H2OKIE Thanksgiving invitational

**Friday, November 1, 2019**

### Evening Session

Warmups: 3:45pm

Meet Start: 5pm

<u>Female</u>	<u>Event</u>	<u>Male</u>
1	12&U 200 IM	2
3	12& Under 500 Free	4
5	Open 400 IM	6
7	Open1000 Free	8

**Saturday, November 2, 2019**

### 13 & over Morning Session

Warmup: 6:30am Meet Start: 8:15am

<u>Female</u>	<u>Event</u>	<u>Male</u>
9	200 yd Butterfly	10
11	100 yd Free	12
13	200 yd Breast	14
15*	500 yd. Free*	16*

\* Flighted Event. Top Swimmers will swim in AM session.  
Remaining swimmers in PM session following event

**Saturday, November 2, 2019**

### 13&over Evening Session

Warmup: Not before 3:45pm

Meet Start: Not before 5:15pm

<u>Female</u>	<u>Event</u>	<u>Male</u>
29	200 yd Freestyle	30
31	100 yd Butterfly	32
33	100 yd Back	34

**Sunday, November 3, 2019**

### 13&over Morning Session

Warmup: 6:30am Meet Start: 8:15am

<u>Female</u>	<u>Event</u>	<u>Male</u>
35	200 yd Back	36
37	100 yd Breast	38
39	50 yd Freestyle	40
41	200 yd IM	42

**Saturday, November 2, 2019**

### 12 & Under Afternoon Session

Warmups: Not before 11am

Meet Start: Not before 12pm

<u>Female</u>	<u>Event</u>	<u>Male:00</u>
17	12 & U 200 yd Free	18
19	12 & U 50 yd Butterfly	20
21	12 & U 200 yd Butterfly	22
23	12 & U 100 yd Back	24
25	12& U 100 yd Breast	26
27	12 & U 50 yd Free	28

**Sunday, November 3, 2019**

### 12 & Under Pool-Morning Session

Warmups: Not before 11am

Meet Start: Not Before 12pm

<u>Female</u>	<u>Event</u>	<u>Male</u>
43	12& U 100 yd Freestyle	44
45	12&U 50 yd Back	46
47	12&U 200 yd Back	48
49	12&U 100 yd Butterfly	50
51	12&U 50 yd Breast	52
53	12&U 200 yd Breast	54
55	12&U 100 yd IM	56