



**Penguin Plunge
8 & Under Meet
January 24, 2015
SANCTION NO. VS-15-50**

Hosted by:



Coast Guard Blue Dolphins

SANCTION:	<ul style="list-style-type: none">Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-15-50USA Swimming, Inc., Virginia Swimming, Inc., and the Fort Eustis 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.
LOCATION:	Fort Eustis Aquatic Center, Building 641 (corner of Washington Ave & Tyler Ave), Fort Eustis, VA 23604, Phone: (757) 878-1090 or 878-1091
FACILITY:	<ul style="list-style-type: none">Eleven lane 25 yard indoor pool with a Daktronics Automatic Timing System with a 10-lane scoreboard and Kiefer Wave Eater racing lane lines.All sessions will be run using a six lane course for competitionThe competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4)
MEET DIRECTORS:	Jordan Filchock Email: jordanfilchock@gmail.com Phone: (678) 643-5686 Jodi Clark Email: coachjodiclark@gmail.com Phone: (757) 876-8400
ELIGIBILITY:	<ul style="list-style-type: none">Open to all Virginia Swimming athletes eight years old and younger registered before the first day of the meetNo on deck Virginia Swimming athlete registration will be permitted.Age on January 24, 2015 will determine age for the entire meet.
DISABILITY SWIMMERS:	<ul style="list-style-type: none">Athletes with a disability are welcomed 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 swimmers will swim in one sessionAll events will be timed finals4-minute breaks after each set of events
WARM-UP:	<ul style="list-style-type: none">Warm-ups at 11:30 am; competition starts at 12:00 pm.Lane assignments for individual clubs will be posted on the CGBD website no later than Thursday, January 22, 2015 and will also be emailed to the contact person of the participating clubs.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS WEDNESDAY, JANUARY 21, 2015</p> <ul style="list-style-type: none">Entries must be submitted in Short Course times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet.Teams submit entries via e-mailA 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, regardless of how they are submitted.Coach Times (CT) and "No Time" (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT may not exceed a "BB" 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 <i>4 individual events</i> and <i>1 relay event</i> per day.Relay teams must be designated A, B, C, etc., if more than one per club is entered per event.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.Email entries to: teamadmin@cgbds swimming.orgDeck 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 Clerk-of-Course on the provided forms
FEES:	<p>Individual events: \$4.00 Relay events: \$14.00 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: CGBD • Mail entries to: Coast Guard Blue Dolphins Swim Team, Inc. 607 Lotz Drive Yorktown, VA 23692 • Payment must be received by Saturday, January 24, 2015 for all entries • Failure to pay entry fees by this deadline could result in teams being barred from the meet.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Penguin Gummies will be awarded for first through sixth place. • Heat winners: Penguin Snow Globes will be awarded for all events. • Relay events: Penguin Gummies will be awarded for first through third place.
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded • Swimmers in the afternoon sessions should report directly to the blocks for their events
PENALTIES:	<p>Penalties for entries using fraudulent and/or non-verifiable entry times:</p> <ul style="list-style-type: none"> • Swimmer shall be marked as exhibition for the event entered illegally and the event shall be re-scored and awarded. • Club may be fined \$100 for each offense, and a record of such offenses shall be kept and published as part of the official meet results. • Clubs entering swimmers not legally registered with USA Swimming before the first day of the meet may be fined \$100 per swimmer in each event so entered. • 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.
RULES:	<ul style="list-style-type: none"> • The current USA Swimming Rules and Regulations will apply. • 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 not permitted. • Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. • Swimmers should shower before entering the pool. • 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 <ul style="list-style-type: none"> ○ Coaches with valid USA Swimming credentials but are unable to provide them upon request will be issued temporary credentials by the meet director ○ Coaches with expired or non-current credentials will be required to leave the deck area.
OFFICIALS:	<p>Meet Referee: Genny Kimbel Email: gennykimbel@gmail.com Phone: (757) 876-9134</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 Genny Kimbel, CGBD Officials Chair, Email: gennykimbel@gmail.com, no later Wednesday, October 15, 2014 • There will be an Officials' Meeting 45 minutes prior to the start of the meet in the classroom.
SAFETY:	Virginia Swimming Meet Safety Procedures will be in effect.
TIMERS:	<ul style="list-style-type: none"> • Clubs may be required to provide timers in proportion to the number of swimmers they have entered in meet. • The number of timers required per club and their lane assignments will be posted on the CGBD website: http://www.cgbdswimming.org no later than Thursday, January 22, 2015 and will also

	be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Concessions will be run by the Aquatic Center. Hospitality will have water for coaches and officials. • An ice cream party will be held immediately following the meet. • The Adventure Pool will be open for all swimmers immediately following the ice cream party. • Heat sheets will be for sale for \$1.00.
FACILITY RULES:	<ul style="list-style-type: none"> • PLEASE READ THOROUGHLY. RULES WILL BE ENFORCED BY MEET MARSHALL, AQUATIC CENTER STAFF AND THE FORT EUSTIS FIRE MARSHALL. • FORT EUSTIS AUTOMOBILE ACCESS: DRIVERS LICENSE AND AUTOMOBILE REGISTRATION ARE REQUIRED TO ENTER FORT EUSTIS. • Swimmer/Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers/spectators. Any swimmer/spectator who violates Aquatic Center rules, posted at the pool and in the meet program, will be disqualified from the meet and escorted from the facility. • The Aquatic Center prohibits food of any kind in the pool area. Consumption of food is allowed in the lobby area and the spectator balcony. Permissible beverages, sports drinks and water, must be in closed plastic containers. • Deck Access: Access to the competition pool deck will be strictly controlled. Swimmers, coaches, officials and event staff only will be permitted on the deck during warm-ups and the competition. • SWIMMERS WILL NOT BE ALLOWED IN THE BALCONY AREA. THE BALCONY SEATING AREA WILL BE FOR SPECTATORS ONLY. SWIMMERS MUST STAY ON THE COMPETITION POOL DECK. <p>The Adventure Pool side of the building WILL NOT be available for seating.</p>

ORDER OF EVENTS

Warm-up: 11:30 am; Start: 12:00 pm

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	100 Medley Relay	2
	4-minute break	
3	50 Freestyle	4
	4-minute break	
5	25 Backstroke	6
	4-minute break	
7	25 Breaststroke	8
	4-minute break	
9	25 Freestyle	10
	4-minute break	
11	25 Butterfly	12
	4-minute break	
13	50 Backstroke	14
	4-minute break	
15	100 Individual Medley	16
	4-minute break	
17	100 Freestyle Relay	18