
	CGBD SUMMER MADNESS LC INVITATIONAL June 20-22, 2014 SANCTION NO. VS-14-69	Hosted by:  Coast Guard Blue Dolphins
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SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-14-69 USA Swimming, Inc., Virginia Swimming, Inc., and Brittingham-Midtown 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:	Brittingham-Midtown Aquatics Center, 570 McLawhorne Drive, Newport News, VA 23601, Phone: (757) 591-4573						
FACILITY:	<ul style="list-style-type: none"> 8-lane, 50 meter indoor pool 14 feet deep at the start end and 4 feet deep at the turn end; overflow gutters; non-turbulent lane markers; Colorado Timing System. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C(4) 						
MEET DIRECTOR:	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;">Kevin Morello</td> <td style="width: 50%;">Brian Cooke</td> </tr> <tr> <td>Email: kmorello@cox.net</td> <td>Phone: (757) 771-5257</td> </tr> <tr> <td>Phone: (757) 592-4799</td> <td>Email: halbrie@hotmail.com</td> </tr> </table>	Kevin Morello	Brian Cooke	Email: kmorello@cox.net	Phone: (757) 771-5257	Phone: (757) 592-4799	Email: halbrie@hotmail.com
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Email: kmorello@cox.net	Phone: (757) 771-5257						
Phone: (757) 592-4799	Email: halbrie@hotmail.com						
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming registered swimmers registered before the first day of the meet. No on deck USA Swimming athlete registration will be permitted. 13&O swimmers can swim any event offered in the A session with "A" times in 2 different strokes, any distance. 13&O swimmers not qualified for the A session and all 12&U swimmers can swim any event offered in the open session. 2013-2016 NAG times are in effect. Senior swimmers (15&O) will use "15-16" time standards Age on June 21, 2013 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"> Friday and Saturday: <ul style="list-style-type: none"> 13&O swimmers eligible to compete in the "A" session will swim a preliminary session in the morning session. There will be five separate Final heats. Finals will be swum in the following order: <ul style="list-style-type: none"> A Final - fastest 8 athletes regardless of age B Final - fastest 8 remaining 13 year-olds C Final - fastest 8 remaining 14 year-olds D Final - fastest 8 remaining 15 year-olds E Final - fastest 8 remaining 16 & over 13&O Swimmers not eligible for the "A" Session and all 12&U swimmers can swim in timed final events in the open session. There will be a 10-minute break following each series of events to allow for warm-up/warm-down of swimmers. Sunday: <ul style="list-style-type: none"> All 13&O swimmers will swim in the morning open session. All events are timed finals except for Event 53-54 (50 Free Shoot-out) <ul style="list-style-type: none"> The 50 Free Shoot-out will be a prelim/semi-final/final event Semi-finals (top 16 13-14 and Top 16 senior) held following Events 57-58 (200 Breast) 						

	<ul style="list-style-type: none"> ▪ Finals held following Events 59-60 (200 Back) ○ There will be a distance session following the 13&O morning open session and prior to the afternoon open session. ○ All 12&U swimmers will swim in the afternoon open session. All events are timed finals.
WARM-UP:	<ul style="list-style-type: none"> • Morning sessions: Warm-ups at 7:00 am; competition starts at 8:15 am. • Afternoon open sessions: <ul style="list-style-type: none"> ○ Friday: Warm-ups start no earlier than 11:00 am; competition start no earlier than 12:00 pm ○ Saturday: Warm-ups no earlier than 11:00 am; competition starts no earlier than 12:00 pm ○ Sunday: Warm-ups no earlier than 1:00 pm; competition starts no earlier than 2:00 pm. • Open distance sessions (Sunday): <ul style="list-style-type: none"> ○ There will be a 10-minute warm-up starting no earlier than 12:00 pm and the open distance session will start no earlier than 12:15 pm. ○ If there are more than four total heats (boys and girls) there will be an additional 10 minute warm-up period every third heat • Finals sessions (Friday & Saturday): Warm-ups no earlier than 4:00 pm; competition starts no earlier than 5:00 pm. • Friday and Saturday morning sessions will have 10-minute breaks following each series of events to allow for warm-up/warm-down of swimmers. If the meet director feel the meet session timeline is too long the breaks may be curtailed. • Lane assignment and warm-up times for individual clubs will be posted on the CGBD website (http://www.cgbdswimming.org) no later than Tuesday, June 17, 2014, 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.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS TUESDAY, JUNE 10, 2014</p> <ul style="list-style-type: none"> • Entries must be submitted in long course times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. • Teams submit entries via e-mail. • 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. • No Time (NT) entries will be accepted for events in which a swimmer does not have a time of record. • Swimmers may enter a maximum of <i>three (3) individual events</i> per day. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit. • 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: coachsteve2423@gmail.com
FEES:	<p>Individual events: \$6.25 Swimmer surcharge: \$2.50 per person</p> <ul style="list-style-type: none"> • Checks should be made payable to: CGBD • Mail payment to: Steve Hennessy 607 Lotz Drive Yorktown, VA 23692 • Payment must be received by Tuesday, June 17, 2014 for all entries. Teams with unpaid entry fees for entries received on or before the entry deadline could be removed 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 as this will delay the receipt of your entries.

AWARDS:	<ul style="list-style-type: none"> • “A” session events will be awarded medals for first through third place; ribbons fourth through eighth place. All events will be awarded separately as Overall Top 8, 13, 14, 15, 16 & Over • 50 Freestyle Shoot-out will be awarded medals for first through third place; ribbons fourth through eighth place. The event will be awarded separately as 13-14 and Senior • Open session events will be awarded medals for first through third place; ribbons fourth through eighth place for events <ul style="list-style-type: none"> ○ 12 & Under events will be given awards separately for the 10&U and 11-12 age groups ○ 13 & Over events will be given awards separately for the 13-14 and Senior age groups
SEEDING:	<ul style="list-style-type: none"> • All events will be pre-seeded with the exception of the following events that will require a positive check-in at the Clerk of Course: <ul style="list-style-type: none"> ○ 400 Freestyle and the 400 IM by 8:45 am for the morning session and 2:30 pm for the afternoon session the day the event is to be swum. ○ 800 Freestyle by 9:30 am Sunday • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT. • 800 Freestyle (Events 61-62) will be swum fastest to slowest, alternating girls then boys.
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. • The overhead start procedure will be used at the discretion of the Referee. • The scratch procedures listed in <i>current USA Swimming Rules and Regulations</i>, Article 207.11.6, sections D and E will apply with the following modifications: The scratch rule regarding finals will apply to all heats. • 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>. • Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. • 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 who have valid USA Swimming credentials but who 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: Dan Demers Email: ddemers3@cox.net Phone: (757) 434-3342</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Team Officials’ Chairperson 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 than June 17, 2014. • There will be an officials pre-session briefing one hour prior to the start of each session.

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. • 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 June 17, 2014 and will also be emailed to the contact person of each of the individual clubs. • Swimmers are expected to provide their own timers and lap counters for the Sunday distance session, events 61 & 62 (800 Freestyle)
GENERAL:	<ul style="list-style-type: none"> • Swimmer / Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators. <ul style="list-style-type: none"> ○ Any swimmer / spectator who violate Aquatic Center rules (posted at the pool and included in the Programs) will be disqualified from the meet and escorted from the facility. ○ Please note that the City of Newport News prohibits food of any kind in the pool area; permissible beverages inside the pool area are limited to those in closed, plastic containers. • Deck Access: Access to the pool deck will be strictly controlled. Swimmers (during their events), coaches, officials, and event staff only will be permitted access to the deck during warm-ups and competition. Spectators must remain behind the ropes while moving to/from their seats. • Team Areas: Team seating will be available in the pool and gym area. Please note that the City of Newport News requires everyone leaving the pool area and entering any other part of the facility to wear shoes (or sandals). • Spectator Seating: Bleacher seating will be available for spectators. Please note that the City of Newport News prohibits coolers or chairs in the pool area. • Team Banners: Team Banners can not be hung from a water return pipe that runs over the team seating areas. • Programs: Meet Programs will be sold for \$5.00. • Snack Bar: CGBD will operate a Concessions Stand during the meet. • Swim Supplies: CGBD will operate a Swim Shop during the meet. • First Aid: A staffed First Aid Station is located at end of the pool near the entrance to the Locker Rooms. • Lost and Found: Lost and Found will be located next to the Announcer's Table. • Hospitality: CGBD will operate a Hospitality Room for all coaches and officials during the meet. Breakfast and Lunch will be provided both days.
FACILITY RULES:	<ul style="list-style-type: none"> • Park only in designated (marked) parking spots. Overflow parking is available at Hines Middle School (next door). • Each team is responsible for the conduct of their athletes. Parents are responsible for any siblings brought to the meet. Please chaperon them closely. • No glass, food, chewing gum, or open drinks allowed in the pool area. Drinks in closed containers (e.g., sports bottles with screw-on tops, plastic bottles with screw-on tops) are acceptable. • No coolers in the pool area. They are allowed in the Gym. • No spectator chairs in the pool area. Adequate seating is available and deck space is limited. They are allowed in the Gym. • Spectators only in the spectator seating areas (adjacent to the competition end of the pool). Swimmers and their equipment should remain in the team seating areas (adjacent to the WU/CD end of the pool or in the Gym.). • No shaving anywhere in the venue. • No running or horseplay in the facility. • Shoes/sandals must be worn by all in/around the recreation center, except for the pool area. • Clean up your area when you leave after each session. Trashcans are located throughout the facility. Lost and Found is located next to the Announcer. • Officials only inside the ropes.

	<ul style="list-style-type: none">• Coaches, officials, and meet staff only in the Hospitality Room.• The Aquatic Center will close during electrical storms.• NO SMOKING in the Aquatic Center (pool area) or the rest of the building.
DIRECTIONS:	From the north/south, follow I-64 to Exit 258 A, J Clyde Morris Boulevard. Take J. Clyde Morris Boulevard to Jefferson Avenue. Turn Left and go approximately 2.5 miles to MacLawhorne Drive. Turn right at the light. Pool is on the left.

CGBD SUMMER MADNESS LC INVITATION Order of Events

Friday A Session (Prelims) Warm-up: 7:00 am; Start 8:15 am

G	Events	B
1	100 Freestyle	2
	10-minute Break	
3	200 Individual Medley	4
	10-minute Break	
5	100 Butterfly	6
	10-minute Break	
7	400 Freestyle	8

Saturday A Session (Prelims) Warm-up: 7:00 am; Start 8:15 am

G	Events	B
27	200 Freestyle	28
	10-minute Break	
29	100 Backstroke	30
	10-minute Break	
31	100 Breaststroke	32
	10-minute Break	
33	400 Individual Medley	34

Sunday 13&O Open Session (Timed Finals except 50 Free) Warm-up: 7:00 am; Start 8:15 am

G	Events	B
53	13 & O 50 Freestyle Shoot-out	54
55	13 & O 200 Butterfly	56
57	13 & O 200 Breaststroke	58
53	13 & O 50 Freestyle (Semifinals)	54
59	13 & O 200 Backstroke	60
53	13 & O 50 Freestyle (Finals)	54

Friday Open Session (Timed Finals)

Warm-up: 11:00 am; Start: 12:00 pm
(Times are approximate)

G	Events	B
9	12 & U 50 Backstroke	10
11	13 & O 100 Freestyle	12
13	12 & U 50 Breaststroke	14
15	13 & O 200 Ind. Medley	16
17	12 & U 200 Ind. Medley	18
19	13 & O 100 Butterfly	20
21	12 & U 100 Butterfly	22
23	13 & O 400 Freestyle	24
25	12 & U 400 Freestyle	26

Saturday Open Session (Timed Finals)

Warm-up: 11:00 am; Start: 12:00 pm
(Times are approximate)

G	Events	B
35	12 & U 50 Butterfly	36
37	13 & O 200 Freestyle	38
39	12 & U 100 Freestyle	40
41	13 & O 100 Backstroke	42
43	12 & U 100 Backstroke	44
45	13 & O 100 Breaststroke	46
47	12 & U 100 Breaststroke	48
49	13 & O 400 Ind. Medley	50
51	12 & U 50 Freestyle	52

Sunday Open Distance Session Warm-up: Not earlier than 11:00 am

G	Events	B
61	800 Freestyle	62

Sunday 12&U Open Session (Timed Finals)

Warm-up: 1:00 pm; Start: 2:00 pm

G	Events	B
63	12 & U 200 Freestyle	64
65	12 & U 200 Butterfly	66
67	12 & U 200 Breaststroke	68
69	12 & U 200 Backstroke	70
71	12 & U 400 Individual Medley	72

Friday A Session (Finals)

Warm-up: 4:00 pm; Start: 5:00 pm

G	Events	B
1	100 Freestyle	2
3	200 Individual Medley	4
5	100 Butterfly	6
7	400 Freestyle	8

Saturday A Session (Finals)

Warm-up: 4:00 pm; Start: 5:00 pm

G	Events	B
27	200 Freestyle	28
29	100 Backstroke	30
31	100 Breaststroke	32
33	400 Ind. Medley	34

Note: Finals on Friday & Saturday will have 5 heats:

- A Final - fastest 8 athletes regardless of age
- B Final - fastest 8 remaining 13 year-olds
- C Final - fastest 8 remaining 14 year-olds
- D Final - fastest 8 remaining 15 year-olds
- E Final - fastest 8 remaining 16 & over