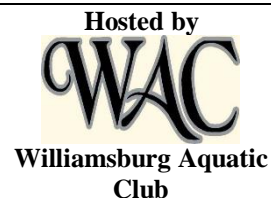




**2017 Polar Plunge
A/BB/B/C Meet
January 21-22, 2017
SANCTION NO. VS-17-55**



SANCTION:	<ul style="list-style-type: none">• Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-17-55.• USA Swimming, Inc., Virginia Swimming, Inc., Williamsburg Aquatic Club, and the Collegiate School 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:	Collegiate School Aquatic Center, 5050 Ridgedale Parkway, Richmond. Va. 23234, Phone: (804) 271-8271
FACILITY:	<ul style="list-style-type: none">• The Collegiate School Aquatic Center provides 2 indoor pools and supporting amenities including hospitality, a swim shop, classroom and wireless internet.• The 50-Meter competition pool with bulkhead offers two 25 yard competition pools with a depth of seven feet and seven inches at the sides and eight feet two inches in the center. Competition lanes are a minimum of 9 feet wide swum wall to bulkhead.• Warm-up & Warm-down lanes will be available on the other side of the bulkhead.• Non-Turbulent Lane Markers in both pools.• Omega Starting Blocks, CTS6 with automatic and semi-automatic timing, backup Dolphin wireless stopwatches.• There is Spectator Seating for 700 plus.• 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:	Harold Baker Email: coachharold2@cox.net Phone: (757) 229-8662
ELIGIBILITY:	<ul style="list-style-type: none">• Open to all Virginia/USA Swimming athletes registered before the first day of the meet.• No on-deck Virginia/USA Swimming athlete registration will be permitted.• Age on January 21, 2017 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 12 & under swimmers will swim in the A.M. sessions except Events 51/52 & 101/102.• All 13 & over swimmers will swim in the P.M. sessions.• Distance Sessions will start 15 minutes after the conclusion of the afternoon session but not before 3:15 P.M. Swimmers must provide their own timers and lap counters.• All events will be timed finals.• All 25 yard events will start from the turn end of the pool.
WARM-UP:	<ul style="list-style-type: none">• Morning sessions: Warm-ups at 7:30 A.M.; competition starts at 8:30 A.M.• Afternoon sessions: Warm-ups not before 12:30 P.M.; Competition starts not before 1:30 P.M.• Distance sessions: The pool will be opened for 10 minutes of open warm-ups immediately following the finish of the P.M. session(s), with the distance session competition starting 5 minutes thereafter.• The approximate start time for the distance sessions will be posted on the www.swimwac.com website no later than Wednesday January 18, 2017 and will also be emailed to the contact person of the participating clubs. The distance sessions will start no earlier than the estimated times.

	<ul style="list-style-type: none"> • Lane assignment and warm-up times for individual clubs will be posted on the www.swimwac.com website no later than January 18, 2017 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. • The Meet Director reserves the right to change warm-up start time based on entries and length of Session.
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS FRIDAY JANUARY 13TH, 2017</p> <ul style="list-style-type: none"> • Entries must be submitted in short course yards times using Hy-Tek Team Manager and Commlink-2 software, or on a VSI master entry sheet. • Teams submit entries via email. • A 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. • Coach Time (CT) and “No Time” (NT) entries will be accepted for events in which a swimmer does not have a time of record. CT must be slower than an “A” 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 4 individual event(s) and 1 relay event(s) per day. • Relay teams must be designated A, B, C, etc., if more than one per club is entered per event. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit for the A.M. Sessions. • 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. Relays may also be eliminated if necessary and relay fees will be refunded should this happen. • Email entries to: Harold Baker at coachharold2@cox.net. • 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 Meet Director.
FEES:	<p>Individual events: \$6.50 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: Williamsburg Aquatic Club. • Mail payment to: Williamsburg Aquatic Club 3013 South Court Williamsburg, Va. 23185 • Payment must be received by Wednesday January 18, 2017 for all entries. Failure to pay entry fees by this deadline could result in teams being barred 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 acceptance of your entries.
AWARDS:	<ul style="list-style-type: none"> • Individual events: Ribbons will be awarded for First through Eight place. <ul style="list-style-type: none"> ○ 13 & Over events will be given separate awards for 13-14 and 15 & Over age groups. ○ 10 & Under events will be given separate awards for 9-10 and 8 & Under age groups. ○ 11 & over events will be given separate awards for the 11-12, 13-14 and the 15 & over Age Groups • Relay events: Ribbons will be awarded for First through Eight place.
SEEDING:	<ul style="list-style-type: none"> • All events, except #43-44, #51-52, #79-80, #93-94, and #101-102 will be pre-seeded. • Swimmers in the afternoon sessions should report directly to the blocks for their events. • Events #43-44, #51-52, #79-80, #93-94 and # 101-102 will require a positive check-in to swim. • Positive check-in will close at the end of the Session’s warm-ups for events #43-44, #79-80 and #93-94. The Distance events #51-52 and #101-102 will close at 3:00 P.M. on the day of the event. • SWIMMERS FAILING TO POSITIVELY CHECK-IN WILL NOT BE ALLOWED TO SWIM THE EVENT.

	<ul style="list-style-type: none"> All events will be swum slowest to fastest.
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 swum 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(s) swum 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. 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. 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 for A.M. & P.M. sessions, and may be used for the Distance sessions at the discretion of the Referee. 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 into or out of swimsuits other than in locker rooms or other designated areas is prohibited. In accordance with VSI best practices, 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 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 style="text-align: center;">Meet Referee: Bob Rustin Email: brustin55@gmail.com Phone: 804-387-8736</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 Glenn Watkins the WAC officials Chair, Email: gaw1717@cox.net or Phone: (757) 871-1892 no later than Sunday January 15, 2017. Officials meetings will begin at 7:30 A.M. for the 2 Morning Sessions and at 12:30 P.M. for the 2 Afternoon Sessions. They will run for 1 hour in the Hospitality Room at the discretion of the Referees.
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 at swimwac.com no later than Wednesday January 18, 2017, and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<p>Meet programs will be sold for \$7.00</p> <p>Concessions will be available during the meet, closing 1 hour before the end of the meet each day. Coaches and officials' hospitality will be provided; breakfast & lunch on Saturday and Sunday. Overflow parking will be available at Martin's behind the Aquatic Center.</p>

FACILITY RULES:	No glass containers of any kind are permitted in the facility. Lawn/deck chairs are not permitted in the grandstand. No spectators/parents will be allowed on deck unless working the meet. No Smoking is allowed anywhere on the Aquatic Center campus. Doors are not to be propped open and the front door is the only entry/exit door from the facility.
DIRECTIONS:	Go to swimwac.com – Click on Meets & Events & then onto Meet Venues

**2017 Polar Plunge
ORDER OF EVENTS**

Saturday January 21, 2017

Morning Session		
Warm-up: 7:30 A.M.; Start: 8:30 A.M.		
Girls	Events	Boys
1	8 & under 25 Free	2
3	11 & 12 50 Breast	4
5	10 & under 50 Breast	6
7	11 & 12 200 Breast	8
9	10 & under 100 Free	10
11	11 & 12 100 Free	12
13	10 & under 50 Fly	14
15	11 & 12 50 Fly	16
17	10 & under 200 Free	18
19	11 & 12 200 Free	20
21	10 & under 100 Back	22
23	11 & 12 100 Back	24
25	10 & under 200 I.M.	26
27	11 & 12 200 I.M.	28
29	11 & 12 200 Fly	30
31	8 & under 25 Breast	32
33	10 & under 200 Med. Relay	34
35	11 & 12 200 Med. Relay	36

Afternoon Session		
Warm-up: NB 12:30 P.M.; Start: NB 1:30 P.M.		
Girls	Events	Boys
37	13 & over 100 Breast	38
39	13 & over 200 Free	40
41	13 & over 100 Fly	42
43	13 & over 500 Free	44
45	13 & over 200 Back	46
47	13 & over 200 I.M.	48
49	13 & over 200 Med. Relay	50

Distance Session		
(15 Minute Break)		
51	11 & over 1650 Free	52

Sunday January 22, 2017

Morning Session		
Warm-up: 7:30 A.M.; Start: 8:30 A.M.		
Girls	Events	Boys
53	8 & under 25 Fly	54
55	11 & 12 200 Back	56
57	10 & under 50 Back	58
59	11 & 12 50 Back	60
61	10 & under 100 Fly	62
63	11 & 12 100 Fly	64
65	11 & 12 400 I.M.	66
67	10 & under 100 Breast	68
69	11 & 12 100 Breast	70
71	10 & under 100 I.M.	72
73	11 & 12 100 I.M.	74
75	10 & under 50 Free	76
77	11 & 12 50 Free	78
79	12 & under 500 Free	80
81	8 & under 25 Back	82
83	10 & under 200 Free Relay	84
85	11 & 12 200 Free Relay	86

Afternoon Session		
Warm-up: NB 12:30 P.M.; Start: NB 1:30 P.M.		
Girls	Events	Boys
87	13 & over 100 Back	88
89	13 & over 200 Breast	90
91	13 & over 50 Free	92
93	13 & over 400 I.M.	94
95	13 & over 200 Fly	96
97	13 & over 100 Free	98
99	13 & over 200 Free Relay	100

Distance Session		
(15 Minute Break)		
101	11 & over 1000 Free	102