
	TOP BANANA MEET 8 & Under Meet October 21, 2017 SANCTION NO. VS-18-25	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-18-25. • USA Swimming, Inc., Virginia Swimming, Inc., CGBD, and the 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:	Midtown Aquatics Center, 570 McLawhorne Drive, Newport News, VA 23601, (757) 591-4573		
FACILITY:	<ul style="list-style-type: none"> • 8-lane, 50 meter indoor pool 4-14 feet in depth; overflow gutters; non-turbulent lane markers; Colorado Timing System. • Configured for 6-lane 25 yard 6-14 feet in depth for the competition portion of the pool swimming from the deep end of the pool • 2 continuous warm-up / cool down lanes (6 feet in depth) in the non-competition portion of the pool. • Manual timing, 3 watches per lane and Infinity starting system will be used • The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2C (4) 		
MEET DIRECTORS:	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;"> Jodi Clark Email: coachjodiclark@gmail.com Phone: (757) 876-8400 </td> <td style="width: 50%;"> Bridget McMullen Email: rhmcm1024@sbcglobal.net Phone: (757) 846-7835 </td> </tr> </table>	Jodi Clark Email: coachjodiclark@gmail.com Phone: (757) 876-8400	Bridget McMullen Email: rhmcm1024@sbcglobal.net Phone: (757) 846-7835
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ELIGIBILITY:	<ul style="list-style-type: none"> • Open to all Virginia Swimming athletes eight years old and younger registered by the first day of the meet • No on deck Virginia Swimming athlete registration will be permitted. • Age on October 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 swimmers will swim in one session • All events will be timed finals • 4-minute breaks after each set of events; 10-minute break before the relays 		
WARM-UP:	<ul style="list-style-type: none"> • Warm-ups at 9:15 am; competition starts at 9:45 am. • Lane assignments for individual clubs will be posted on the CGBD website no later than Thursday, October 19, 2017 and will also be emailed to the contact person of the participating clubs. 		
ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS MONDAY, OCTOBER 16, 2017</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-mail • 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, 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. 		

	<ul style="list-style-type: none"> 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 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 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, October 21, 2017 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: Candy will be awarded for first through sixth place Heat winner Bananas will be awarded for all events. Relay events: Candy will be awarded for first through third place.
SEEDING:	<ul style="list-style-type: none"> All events will be pre-seeded
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 by 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. 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 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, the swimmer or the swimmer's legal guardian must 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 <u>not permitted</u>. 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 best practices, all 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.

	<ul style="list-style-type: none"> • 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 18, 2017 • There will be an Officials' Meeting 45 minutes prior to the start of the meet.
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, October 19, 2017 and will also be emailed to the contact person of each of the individual clubs.
GENERAL:	<ul style="list-style-type: none"> • Swimmer / Spectator Conduct: Each club is responsible for supervising the conduct of its swimmers / spectators. 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. • 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 \$2.00. • 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 provide water for all coaches and officials during the meet.
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. Trash cans and recycle bins are located throughout the facility. Lost and Found is located next to the Announcer. • Officials only inside the ropes. • 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.

ORDER OF EVENTS

Warm-up: 9:15 am; Start: 9:45 am

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